BEST FOR ON DEMAND & SKY

MORE CHANNELS THAN ANY OTHER TV MAG!

15-21 AUGUST 2026

TV & Streaming week

EXCLUSIVE!

Autumn PREVIEW

Fan favourite *Slow Horses* leads our sneak peek of the best 25 new-season shows

NEW
LANTERNS
DC superheroes fight intergalactic crime

NEW
LION
Follow the rites of passage of an intrepid young cub

LIVE
PREMIER LEAGUE
It's all kicking off

HotList This week's 28

Saturday 15

Celebrating Graceland at the Proms

***MUSIC** BBC2, 7.30pm*

Paul Simon's Grammy-winning, era-defining album celebrates its 40th anniversary with a special performance featuring Ladysmith Black Mambazo.

Ghosts US

***COMEDY** BBC3, 8.40pm, 9pm, 9.20pm & 9.40pm (box set, BBC iPlayer)*

As the spirited comedy returns for a fifth season, Sam and the ghosts try to extract Jay from his deal with Elias, and love is in the air for Pete and Alberta.

Kabul

***DRAMA** BBC4, 9pm & 9.50pm (box set, BBC iPlayer)*

Drama set against the real-life events of August 2021, when American troops withdrew from Afghanistan, and civilians fled the city to keep their families safe.

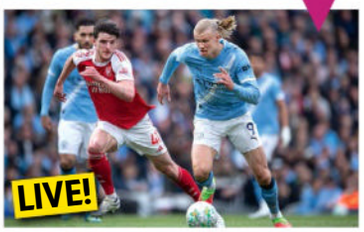
Concorde Crash: Days That Shocked the World

***DOCUMENTARY** C4, 10pm*

One-off documentary looking at the phenomenon of the supersonic airliner that operated accident-free for almost 25 years – until 25 July 2000.

Full listings start on **p35**

Sunday 16



FA Community Shield: Arsenal v Manchester City

***FOOTBALL** TNT Sports 1 & HBO Max, k-o 3pm*

The traditional curtain-raiser to the season features Premier League champions Arsenal taking on FA Cup winners Manchester City in Cardiff.

Van der Valk

***CRIME DRAMA** ITV1, 8pm*

As the series comes to a close, Piet and his team investigate the murder of a scientist who had made a potential breakthrough in cancer treatment. Can they solve the case, and could the research help Hendrik?

Sunny Nights

***COMEDY DRAMA** ITV1, 10.15pm (box set, ITVX)*

In this dark dramedy, American siblings Martin and Vicki travel to Australia to try to launch a spray-tan business but somehow become entangled in Sydney's criminal underworld. *See feature, page 12*

25 Years in Afghanistan

***DOCUMENTARY** ITV1, 11.15pm*

In this update of the BAFTA-winning documentary *My Childhood, My Country: 20 Years in Afghanistan*, we catch up with Mir and his family to learn how their lives have had to adapt under the new regime.

Full listings start on **p45**

Monday 17

Lanterns

***SUPERHERO DRAMA** HBO Max*

Kyle Chandler stars as veteran Green Lantern Hal Jordan, who is mentoring a new recruit to the intergalactic peace corps while investigating a murder in rural Nebraska. *See Your Watchlist, page 14*

Surfing Hippos: Gabon's Beach Jungle

***WILDLIFE** National Geographic WILD, 7pm*

Where the Congo rainforest meets the Atlantic, you can find gatherings of elephants, monkeys and even surfing hippos, but plastic waste is threatening the fragile ecosystem.

Martin & Roman's Irish Road Trip

***TRAVELOGUE** C4, 8pm*

As Roman and Martin Kemp (both above) continue their travels, they explore an ancient tomb, visit spooky ruins and learn about friendly faeries.

Buried with Michael Sheen

***DOCUMENTARY** BBC2, 9pm (Wales, BBC1) (box set, BBC iPlayer)*

The actor (above) investigates allegations of toxic chemical contamination in South Wales, close to where he grew up. *See Documentaries, page 21*

Full listings start on **p55**

Tuesday 18

Race Against the Tide

***REALITY** BBC2, 7.30pm (box set, BBC iPlayer)*

This ultimate race against the clock sees professional artists and newbies teaming up to create epic sand sculptures before the incoming tide washes them away.

The Great ADHD Myth?

***DOCUMENTARY** C4, 8pm*

With ADHD referrals at an all-time high, psychiatrist Dr Max Pemberton (above) asks if modern life is driving ADHD symptoms and questions whether psychiatric drugs are the right response for children.

Celebrity MasterChef

***COOKERY** BBC1, 9pm*

Grace Dent and new judge Giorgio Locatelli (both above) bring us the latest run of the culinary show. Celebrities in the first heat include weightlifter Emily Campbell. Continues Wed and Fri.

Little Bird

***DRAMA** Sky Atlantic, 9pm & 10pm (box set, Sky Box Sets & NOW)*

Canadian drama. A First Nations woman (Darla Contois, above), who was separated from her birth family as a child, embarks on a journey to reclaim her heritage.

Full listings start on **p65**

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best shows

Wednesday 19

A Beautiful Obsession

***DOCUMENTARY** Prime Video*

Cameras capture Pep Guardiola (above) and all the drama of his final two years at Man City – from a challenging season without a major trophy to his emotional farewell to the club earlier this summer.

Average Joe

***ACTION DRAMA** Paramount+*

This action drama follows plumber Joe, who learns that his deceased dad lived a secret life and stole millions from dangerous people, who now think he has the money. *See Your Watchlist, page 16*

England v Pakistan: 1st Test

***CRICKET** Sky Sports Main Event & Sky Sports Cricket, play starts 11am*

Joe Root (above) returns as England Test captain for this opening match in a three-Test series. Continues all week.

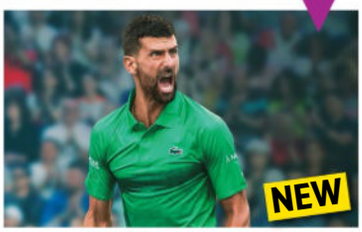
Professor T

***CRIME DRAMA** ITV1, 9pm (box set, ITVX)*

As the drama returns, Zoë Wanamaker joins the cast, while the professor (Ben Miller) is experiencing a resurgence of his OCD symptoms as he struggles with his grief. *See feature, page 11*

Full listings start on p75

Thursday 20



Novak Djokovic: The Wolf in Winter

***DOCUMENTARY** Prime Video*

This feature-length documentary gives us unprecedented access to the most decorated champion in men's tennis history (above). *See Your Watchlist, p17*

Outer Banks

***DRAMA** Netflix*

The Pogues return for a fifth and final season, with their hearts and minds set on revenge and retrieving a legendary treasure that is said to bring people back from the dead.

Lion

***WILDLIFE** National Geographic, 8pm & 8.55pm (box set, Disney+)*

This stunning docuseries, filmed over four years, follows lion cub Kio on his dramatic journey to become leader of his pride. *See Documentaries, page 20*

Ludwig

***COMEDY DRAMA** BBC1, 9pm (box set, BBC iPlayer)*

David Mitchell (above) returns as puzzle creator Ludwig, who continues the search for his missing twin brother with his sister-in-law Lucy. *See feature, page 8*

Full listings start on p85

Friday 21

Five Nights at Freddy's 2

***HORROR** Sky Premiere, 11.40am & 8pm*

Set a year after the first movie, Mike's little sister Abby is keen to reconnect with her 'friends' – the mechanical toy animals possessed by dead kids. Josh Hutcherson stars. *See review, p23*

You're Killing Me

***DRAMA** U&Drama, 8pm (box set, U)*

Brooke Shields stars in this cosy-crime drama as a mystery writer who teams up with a Gen Z true-crime podcaster to solve murders in a quaint New England town. *See feature, page 12*

Premier League

***FOOTBALL** Sky Sports Main Event & Sky Sports Premier League, k-o 8pm*

As the new season starts, Arsenal take on Frank Lampard (above) and his promoted Coventry City side, who return to the top flight after 25 years. *See Sport Week, p28*

Ann Droid

***COMEDY** BBC1, 9.30pm*

The unexpectedly poignant comedy written by and starring Diane Morgan comes to an end tonight. Michael has moved back in with Sue, and it looks as if Linda is destined for the scrapheap.

Full listings start on p95

Welcome to the latest issue of *TV&Streaming Week*. Sport shows no sign of slowing down in this long, hot summer as the Premier League returns this week. Turn to page 28 for our look at Arsenal kicking off the new season.

And while it still might be sunny outside, we are previewing all the shows that will be coming your way this autumn. Our cover stars Jack Lowden and Sir Gary Oldman will be returning with Series 6 of *Slow Horses*. I am looking forward to *Tenzing*, all about the 1953 Everest climb, and *Carrie*, a new adaptation of the book by Stephen King.

Finally, *Ludwig*, my guilty pleasure, is back on BBC1.

Enjoy your TV week.

Claire Ruck, Editor-in-Chief

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Our round-up of the 25 best new and returning shows coming to screens this autumn, including the latest series of *Slow Horses* starring Sir Gary Oldman

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Two quirky crime dramas are returning this week as David Mitchell stars in Season 2 of *Ludwig* and Ben Miller is back in *Professor T*, plus Australian dramedy *Sunny Nights*

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ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: APPLE TV, HBO, NATIONAL GEOGRAPHIC/JANE ATKINS, VISIONHAUS/GETTY. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: GETTY, SEVENTH ART PRODUCTIONS, BBC, TERN TELEVISION/KIRSTY ANDERSON, BBC/ANDY PARADISE

BILL'S INCLUDED

BBC1

This six-part comedy stars Rob Brydon (above centre) as struggling divorcé Bill, who rents out his spare rooms to university students James (Harry Baxendale), Zahra (Yasmin Al-Khudhairi), Hettie (Ada Player) and Christian (Dylan Brady). As he adjusts to life with his lodgers, Bill is torn between acting his age and wanting to be one of the gang.

PHOTOS: ADOBE STOCK, APPLE TV, GETTY, BBC, C4, ITV, MGM+, PRIME VIDEO, SKY

SLOW HORSES

Apple TV

Jackson Lamb (Sir Gary Oldman) and the misfit MI5 agents of Slough House are back for Series 6 of the award-winning spy drama, based on Mick Herron's novels. This time, the six-parter finds the team forced to go on the run when Diana Taverner (Dame Kristin Scott Thomas) embroils the unit in a high-stakes game of retaliation and revenge. ***Am I Being Unreasonable?*** actor Lenny Rush joins the cast alongside returning stars including Jack Lowden (pictured with Oldman) as River Cartwright and Christopher Chung as Roddy Ho.

'From Series 3 onwards, the show has gained traction every time. It's a really big thing for me that people are engaging with it,' says Chung. 'I know the character of Roddy inside and out. I don't even have to reach for him. You become kind of possessed by the character in a way.'

Stars Lenny Rush and Christopher Chung

Autumn preview

Our bumper pick of the 25 best dramas, comedies, thrillers, horror and sci-fi coming to screens soon...

CARRIE

Prime Video

Based on Stephen King's 1974 debut novel and first adapted into the 1977 film starring Sissy Spacek, this eight-part supernatural drama recounts the tale of telekinetic teen Carrie White (Summer H Howell, left) and her fiercely protective mother, Margaret (*Grey's Anatomy*'s Samantha Sloyan). Following the death of her father, Carrie becomes a victim of high-school bullying, but finds her own way to protect herself.

AMERICAN HOSTAGE

MGM+

Mad Men's Jon Hamm (left) is Fred Heckman, a popular radio reporter in Indianapolis who helms a hit news show. But Fred faces one of the most terrifying moments of his career when troubled Tony Kiritsis (Giovanni Ribisi), who has taken a man hostage and is threatening to kill him, wants to voice his grievances live on-air. The 1970s-set eight-part drama is inspired by a true story.

YAGA

Sky

A Canadian supernatural mystery starring Noah Reid as a private investigator who arrives in a small coastal town to investigate the disappearance of Henry Park (Hudson Williams), the heir to a powerful fishery. Co-starring Carrie-Anne Moss (above) as a university professor, the eight-part drama takes its title from the myth of Baba Yaga – a witch-like woman from folklore.

NOCTURNE

Apple TV

Based on crime novels by Lars Kepler, this 10-part thriller sees Liev Schreiber (above right) play Jonah Lynn, a homicide detective who moves his family to a quiet Pennsylvania town. But when a serial killer (Stephen Graham, above left) starts playing mind games, Jonah reluctantly puts his surrogate daughter, FBI agent (Zazie Beetz), at risk in a bid to snare the villain.

HUNTING ALICE BELL

C4

Alice Bell, an accomplice of a notorious killer, is now living under a new identity. Fran Da Silva's life implodes when it's suggested online that she's Bell. As Fran (Alexandra Roach) fights to prove her innocence, she discovers she's one of many accused. But is one of them actually Alice? Ralf Little, Simon Pegg and Rudi Dharmalingam (pictured with Roach) co-star in the six-parter.

BLADE RUNNER 2099

Prime Video

Following the original 1982 Sir Ridley Scott film *Blade Runner* and the 2017 sequel *Blade Runner 2049*, the sci-fi franchise moves to the small screen for an eight-part miniseries set in 2099 Los Angeles, where Replicants have taken over the city. *Wicked* actor Michelle Yeoh (below left) stars as Olwen, who hunts a gang of rogue Replicants with her human partner Cora (*Euphoria*'s Hunter Schafer, below right).

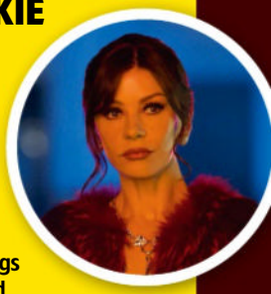
TENZING

Apple TV

This one-off biographical drama tells the story of Tenzing Norgay, the Nepali-Indian Sherpa and mountaineer who, alongside Edmund Hillary, first reached the summit of Mount Everest in 1953. Tom Hiddleston (above left) portrays Edmund, with Genden Phuntsok (above right) as Tenzing.

KILL JACKIE

Prime Video



Made by the team behind *Killing Eve*, this eight-part thriller stars Catherine Zeta-Jones (right) as ex-drugs smuggler turned wealthy art dealer Jackie Price, who learns that a squad of crack assassins has been hired to kill her. Can she eliminate them first?

THE BLAME

ITV1

Fool Me Once's Michelle Keegan and *The Sandman*'s Douglas Booth (both right) play DI Emma Crane and DI Tom Radley, who are drawn into a chilling case when a young figure skater is found dead in a seemingly quiet town. The six-part thriller is based on Charlotte Langley's novel.

MASTERPLAN

Prime Video

Stanley Tucci (right) plays art thief Roger, who attempts to steal the *Mona Lisa*, in a one-off heist caper. To help, he enlists Italian cybercrime expert Chiara (Simona Tabasco) and French explosives whizz Jay (Victor Belmondo). But his recruits are stunned when Roger reveals that they're siblings – and he is their dad.

Turn the page
for more top shows »»»

Autumn preview

RETURNING FAVOURITES

MOBLAND

Paramount+

Dame Helen Mirren (left) and Pierce Brosnan are back as Maeve and Conrad as the Harrigans struggle to show a united front as rivals threaten their criminal empire in a 10-part second season. Tom Hardy returns as fixer Harry Da Souza, who treads dangerously when tensions intensify.

CALL MY AGENT! THE MOVIE

Netflix

The word-of-mouth hit French comedy drama is back with a feature-length film. Five years after the ASK talent agency closed, budding director Andréa (Camille Cottin, second from left) must reunite with her old team when her lead actor drops out days before filming.

TIME

BBC1

Jimmy McGovern's BAFTA-winning drama returns for a third, three-part series, this time set in a young offender institution. David Tennant (far left) stars as custodial manager Bobby Bailey, who clashes with chaplain Marie-Louise O'Dell (Siobhan Finneran) when a tragic incident occurs.

CHAD POWERS

Disney+

In a second six-part run, Glen Powell (left) returns as the talented but disgraced college quarterback who is trying to revive his career in disguise. Assistant coach Ricky has rumbled his secret, but can Chad lead the South Georgia Catfish to glory in the play-offs?

THIS CITY IS OURS

BBC1

The gangster saga returns for an eight-part run as Diana and Michael (Hannah Onslow and James Nelson-Joyce, both left) find their new life in Spain tainted by the past, while tensions mount back in Liverpool. Shaun Evans joins as ex-jailbird Ozzie, who has scores to settle.

THE SPLIT UP

BBC1

A spin-off from *The Split*, this six-part legal drama centres on Kishan Law, a prominent British-Asian family law firm in Manchester, specialising in high-net-worth divorce cases. Aria (Ritu Arya, above right) is poised to take over from her father Dhruv (Sanjeev Bhaskar, above centre), but her mother's death, an upcoming wedding and the arrival of an old flame pile pressure on the Kishan clan.

WAR

Sky Atlantic

A bitter divorce between tech guru Morgan Henderson (Dominic West) and his film-star wife Carla Duval (Sienna Miller, pictured with West) is at the heart of this legal thriller, which sees secrets come to the fore as two London law firms battle over the high-profile split.

PRIDE AND PREJUDICE

Netflix

A starry cast brings Jane Austen's iconic romance back to our screens in a new six-part adaptation by bestselling author Dolly Alderton. *The Crown*'s Emma Corrin (above, left) plays spirited Elizabeth Bennet, with Jack Lowden as her haughty suitor Fitzwilliam Darcy. The line-up also includes Olivia Colman (above, third from left) and Rufus Sewell as Elizabeth's parents, and Fiona Shaw as the waspish Lady Catherine de Bourgh.

THE RELUCTANT VAMPIRE

BBC1

Based on the books by comedy legend Eric Morecambe, this six-part adaptation follows Val (Lenny Rush, front), who's hiding a secret from his family of vampires – he isn't the undead, he's very much alive! The only person who knows is his doting mum, Valeeta (Sian Clifford), but can they keep it from the rest of the family, including dad Victor (Tom Davis) and suspicious brother Vernon (Gabriel Nagy)?

THE GOOD DAUGHTER

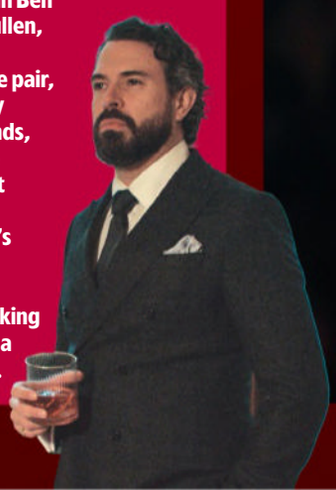
Sky Atlantic

A suspenseful thriller starring Rose Byrne and Meghann Fahy (both pictured) as sisters Samantha and Charlotte, who are trying to overcome a traumatic act of violence that happened decades ago in their home town of Pikeville. But when horror revisits the town, it triggers memories their family is desperate to suppress. Based on Karin Slaughter's bestselling novel, the series co-stars Brendan Gleeson and Olivia Williams.

THE PARTY

ITV1

The friendship between journalist Martin Gilmour (Luke Evans, above) and charismatic politician Ben Fitzmaurice (Tom Cullen, right) is charted in a five-part drama. The pair, who come from very different backgrounds, first meet at an elite boarding school, but decades later, at a birthday party, Ben's decision to stand as Conservative Party leader triggers shocking events that result in a police investigation.



CRYSTAL LAKE

Sky Atlantic

A prequel to the Friday the 13th horror franchise, *Crystal Lake* follows grieving single mother Pamela Voorhees (Linda Cardellini, right), whose young son, Jason, tragically drowned in the town lake a year before. But when two strangers arrive at Pamela's door, digging into her past, a disturbing chain of events is set into motion. Is there more to Pamela than meets the eye?

NEAGLEY

Prime Video

This eight-part spin-off from hit action drama *Reacher* follows fan favourite Frances Neagley, the Chicago private investigator and former military protégée of Jack Reacher (Alan Ritchson). When Frances (Maria Sten, left) learns that a close friend from her past has been killed in a suspicious accident, she finds herself in danger as she seeks justice. Look out for guest appearances from Ritchson across the series.

WORDS: NICK CANNON, CAREN CLARK, IAN MACEWAN, RICHARD MCCLURE, STEVEN PERKINS. PHOTOS: ADOBESTOCK, BBC, ITV, NETFLIX, PARAMOUNT+, PRIME VIDEO, SKY, © 2026 DISNEY & ITS RELATED ENTITIES, PEACOCK

NEW COMEDY DRAMA

Ludwig

Thu, 9pm, BBC1 (box set, iPlayer)

Lucy (Anna Maxwell Martin) and John (David Mitchell)

EXCLUSIVE! Man of mystery

David Mitchell returns as the puzzle-setting sleuth for more intriguing whodunnits

When David Mitchell made his debut in the world of TV detection with BBC1 crime caper *Ludwig* in 2024, the series proved an overnight hit.

The BAFTA-nominated comedy whodunnit saw Mitchell as socially awkward John Taylor, who compiled brain-teasers under the pseudonym 'Ludwig'. But when John's twin James, a detective with the Cambridge Police Authority, disappeared, John impersonated his sibling to investigate the mystery – and ended up using his puzzling skills to solve crimes.

John eventually revealed his true identity to James' colleague DCI Russell Carter (Dipo Ola) and boss DCS Carol Shaw (Dorothy Atkinson), and they decided to keep him on as a civilian crime-scene consultant.

Now, in the six-part second run, John helps unravel more complex police cases, while his mission to uncover the truth about James, alongside his gung-ho sister-in-law Lucy (Anna Maxwell Martin), steps up a gear.

In an exclusive chat with *TV&Streaming Week*, Mitchell, 52, tells us more…

DC Ethan Cole (Ben Ashenden) and DC Caitlin Sullivan (Rumi Sutton)

What's it like to be back for Series 2? It's my first experience of a show that's broken through immediately. Other things I've done like *Peep Show* and *Would I Lie to You?* have been slow-burners. But everyone's talked to me about *Ludwig*. It's cosy to watch but also engages your brain and there's heart.

How is John feeling now that he can stop pretending to be James? He's more relaxed. In the first series, everyone thought he was a cop and called him 'Guv', to his discomfort. But he's bossier now that he's not supposed to be in charge!

In the opening episode, John is assigned to investigate the death of an elderly lady at the theatre, isn't he? The victim's daughters, Portia [Doon Mackichan] and Patricia [Rebecca Front], both confess to murder. It's a good conundrum and John has a clever way of resolving it. We filmed that at Windsor's Theatre Royal, which is a really beautiful *The Muppet Show*-style theatre, with red velvet seating.

What else is coming up in future episodes? Stephen Merchant guests in Episode 4, set in a snooker club. And there's a mystery surrounding a sushi restaurant [in Episode 5] that has mathematical permutations.

John has two new colleagues – DC Ethan Cole (Ben Ashenden) and DC Caitlin Sullivan (Rumi Sutton). What do they make of him? Ethan's keen to advance his career, and is suspicious of John, because he doesn't understand why he has to defer to this man who isn't police. But Caitlin sees that John comes up with the answers they need, so there's a nice dynamic.

Finally, are you good at working out whodunnits when you watch crime shows at home? My wife [*Only Connect* host Victoria Coren Mitchell] is better than me. But I never want to work out who did it. I say to her, 'They'll tell us who did it – just enjoy the show!'

WORDS: CAREN CLARK, GRACE MORRIS. PHOTOS: BBC, ITV

NEW FACES

Mark Bonnar and Sian Clifford are joining the cast...

The second run sees *Fleabag*'s Sian Clifford play steely local MP Joanne Kemper, who comes on to John and Lucy's radar when they realise that she knew the missing James.

Meanwhile, *Shetland*'s Mark Bonnar portrays Gareth Fisher, the jaded editor of the (fictional) *East Anglia Advertiser*, where Lucy wangles a job so that she can carry out inquiries as a member of the press.

'Gareth's been on his own for a long time in this office. He's curmudgeonly,' shares Bonnar. 'But because he loves Ludwig and is a puzzle fan, he's good at solving stuff.'

Editor Gareth and MP Joanne

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Ravi pops the question

EASTENDERS

Priya is stunned by Ravi's shock proposal!

» **Now that Ravi** is back on the Square after his breakdown, he's been focused on making amends with his family and rekindling his relationship with ex Priya.

Although he's aware that Priya's been secretly seeing a mystery man, he's oblivious to the fact that it's Walford womaniser Max. A heartbroken Priya slept with her engaged boss when Ravi left and the pair have continued their affair ever since.

Desperate to win back Priya, Ravi turns to Zack for advice, and he encourages him to show Priya how much he loves her. So Ravi decides to do this by proposing!

Will Priya agree to marry Ravi?

While Ravi organises his grand gesture, he has no idea that Priya has been busy in bed with Max. Priya starts to feel guilty as she helps Cindy with her hen-do arrangements, but she's left stunned when Ravi invites her to The Boxing Den and gets down on one knee.

Will Priya say yes to Ravi's proposal?

» **PLUS** Nicola is forced to face her past demons when a situation escalates, Penny suffers a health problem and is rushed to hospital, and Craig continues to support Amy despite being suspended and taken off Joel's case.

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Todd is shocked to learn Sarah's being threatened by a fellow inmate (above), Idris has a risky plan to get more cash to buy the restaurant, a woman called Celeste turns up to organise a funeral, and Tim gets a visiting order from Richie in prison.

EMMERDALE

» Dawn takes matters into her own hands at the 'sten do' (above), Charity maintains her false confession, Billy reels when Kev admits to being the one who attacked him, and Caleb and Ruby betray Jimmy by robbing his shipment.

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Zoë Wanamaker, Ben Miller and Juliet Stevenson

Emotional rescue

Can a beloved aunt help Professor T overcome his grief?

NEW CRIME DRAMA

Professor T

Wednesday, 9pm, ITV1 (box set, ITVX)

When we last saw Professor Jasper Tempest, he was breaking down in tears as his friend and protégée DI Lisa Donckers lay dying after being run over by a suspect she was trying to arrest.

As ITV1's crime drama *Professor T*, based on the Belgian series of the same name, returns for a fourth series this week, Jasper (Ben Miller) is still deep in grief, declining to consult on any further cases for Cambridge's police and experiencing a resurgence of his OCD symptoms.

STRUGGLING

'He's having these intrusive thoughts, and starting to become overwhelmed by them,' Miller, 60, tells *TV&Streaming Week*. 'One of my clearest memories of filming is a scene where he's lecturing to his students, and suddenly he starts to see himself as Lisa. It was very powerful to film; I hope it's powerful to watch.'

Jasper is eventually persuaded to return to his police consultancy work after his therapist, Dr Helena Goldberg (Juliet Stevenson), asks for his help when the daughter of a friend is reported missing from a luxury yacht – but DS Dan Winters (Barney White), Lisa's former fiancé, isn't pleased to see him.

'Dan and the Professor are grieving in very different ways,' says Miller. 'As far as Dan's concerned, it seems like Professor T hasn't had any reaction to Lisa's death at all. As the Professor returns to the fold, he and Dan start to clash more and more.'

Barney White as DS Winters

COLOURFUL CHARACTER

The Professor's strained relationship with his overly attentive mother Adelaide, played by Frances de la Tour, was a key feature of previous seasons, but in this run, Adelaide is away travelling and *Bergerac*'s Zoë Wanamaker joins the cast as Jasper's aunt, Zelda Radclyffe.

'He turns up one day to feed his mum's dog, Kafka, and discovers that Adelaide's sister Zelda is in the shower,' explains Miller. 'She's a wonderful character, full of radiance and fun. She clearly loves Jasper and really teases him, but because she's not his mother, it's less antagonistic than his relationship with Adelaide.'

In addition to solving crimes, Season 4 also sees Jasper learning to play the drums as a way of managing his OCD.

'I had a fantastic drum teacher called Wouter [Van Tornhout], who is Mika's drummer – he did an amazing job,' says the actor. 'Every spare minute when we weren't filming, I'd be having drum lessons. I did a fair amount in the actual show, but anything really difficult where you can't see me, Wouter's doing it!'

WORDS: STEVEN PERKINS. PHOTOS: ITV

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Iain Stirling

Race Against the Tide

NEW *Tuesday, 7.30pm, BBC2 (box set, BBC iPlayer)*

Born in Edinburgh in 1988, comedian Iain Stirling started as CBBC's continuity presenter in 2009, assisted by sidekick Hacker T Dog. He's been the *Love Island* narrator since 2015, and has appeared on *Celebrity Gogglebox* with wife Laura Whitmore. He also co-created and starred in ITV2 comedy *Buffering* (2021-2023).

HIS NEW SHOW

This week, Stirling, 38, hosts a new BBC2 show that sees teams battle it out to build epic sand sculptures. Set on West Sands Beach in St Andrews, the six-parter challenges seven teams – each made up of a sand sculptor and a novice – to create themed masterpieces in just six hours before the tide comes in and washes them away. Who will impress the judges, sand sculptor Jamie Wardley and artist Sadie Clayton, and be crowned champions? 'It's got everything you want from a summer show – stunning scenery, incredible creativity and lots of sand puns,' says Stirling.

Iain Stirling

Spraying for mercy

The owners of a tanning business **fall foul of the Mob** in a comedy drama

NEW COMEDY DRAMA

Sunny Nights

Sunday, 10.15pm, ITV1 (box set, ITVX)

An ambitious business venture Down Under goes horribly wrong for a couple of American siblings when they get dragged into gangland blackmail and violence in dark comedy drama *Sunny Nights*.

The eight-part series stars *Saturday Night Live* favourite Will Forte and *The Good Place*'s D'Arcy Carden as Martin and Vicki Marvin, a brother-and-sister duo who relocate to Sydney, staying in a cheap motel called Sunny Nights while they try to establish their spray-tan business, Tansform.

'Martin is strait-laced, follows the rules and wants to do good. Vicki is more of a wild card,' says Carden. 'They take their tanning business to Australia, where they get into trouble pretty quickly. It gets real messy.'

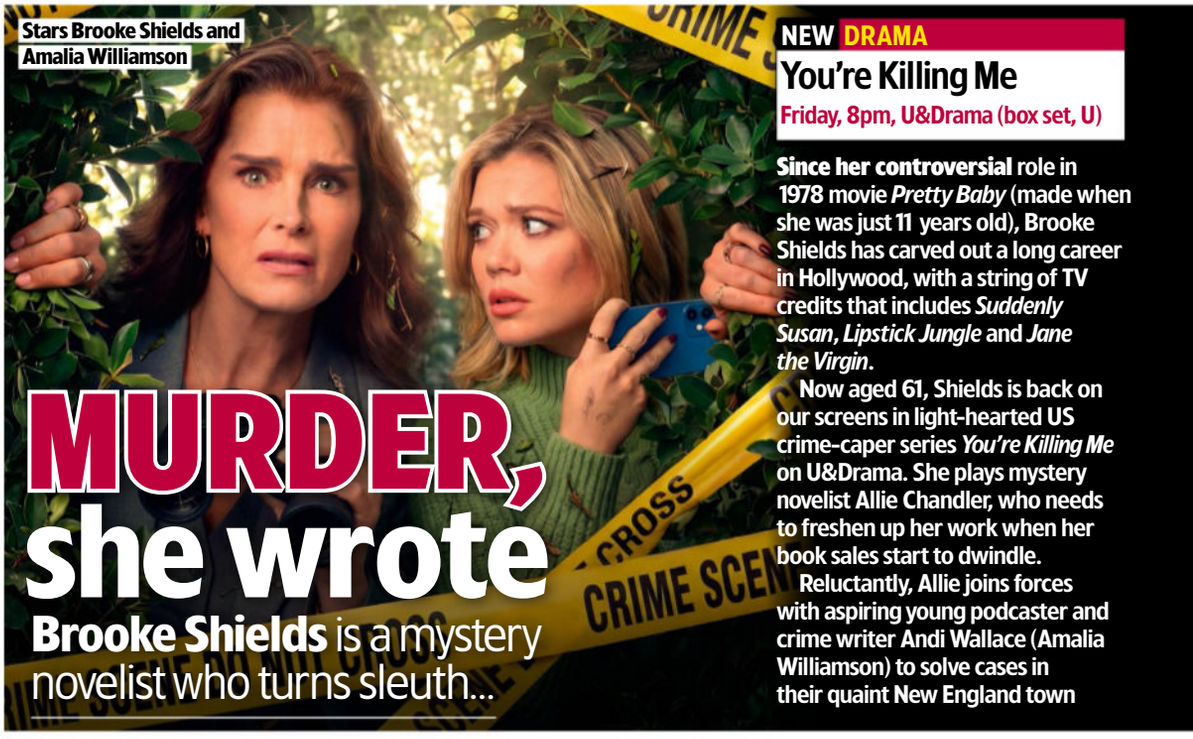
Martin is optimistic about both growing Tansform and reuniting with his estranged wife Joyce (*Wentworth Prison*'s Ra Chapman), who moved to Australia when they split. But his hopes of a fresh start are dashed when he falls victim to a blackmail honeytrap. And while trying to pay off the fraudsters, Martin accidentally kills the brother of a terrifying local crime boss.

SINK OR SWIM?

In a panic, Martin and Vicki dispose of the body and inadvertently end up feeding it to an escaped crocodile – but the cops are soon on the case.

'It's a dark comedy drama with mystery and a lot of blood, and it's stressful,' says Carden. 'Will Martin and Vicki make it out alive? They just keep squeezing by and viewers are on this rollercoaster with them.'

Later, back at Sunny Nights, the pair are frantically planning their exit from Australia when slick corporate guru Henley



Stars Brooke Shields and Amalia Williamson

MURDER, she wrote

Brooke Shields is a mystery novelist who turns sleuth...

NEW DRAMA

You're Killing Me

Friday, 8pm, U&Drama (box set, U)

Since her controversial role in 1978 movie *Pretty Baby* (made when she was just 11 years old), Brooke Shields has carved out a long career in Hollywood, with a string of TV credits that includes *Suddenly Susan*, *Lipstick Jungle* and *Jane the Virgin*.

Now aged 61, Shields is back on our screens in light-hearted US crime-caper series *You're Killing Me* on U&Drama. She plays mystery novelist Allie Chandler, who needs to freshen up her work when her book sales start to dwindle.

Reluctantly, Allie joins forces with aspiring young podcaster and crime writer Andi Wallace (Amalia Williamson) to solve cases in their quaint New England town

WORDS: NICK CANNON, CLAIRE CRICK, RICHARD MCCLURE, VICTORIA WILSON. PHOTOS: BBC, ITV, SKY, U&DRAMA, ACORN TV

Will Forte and D'Arcy Carden

(*Ten Pound Poms*' Leon Ford) shows up and offers to invest in Tansform. What will the siblings do?

'Vicki and Martin often disagree,' says Carden, 46. 'But I love that they always have each other's back.'

That natural chemistry between the pair was mirrored off-screen, too, with Forte and Carden spending much of their downtime exploring the Australian landscape together.

'The writing is so good and we just had so much fun,' says Forte, 56. 'We play brother and sister and we did come out of it feeling like a real brother and sister.'

of Founders Cove, and Allie soon finds herself investigating when a literary critic is found dead.

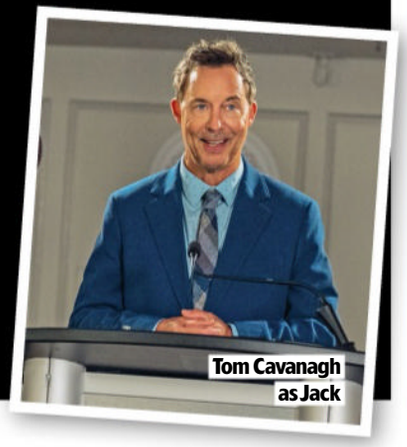
Allie and Andi are like chalk and cheese, but as they each dig into what really happened on the night of the murder, they realise they can crack the case faster if they team up and put their different skill sets to good use.

PERFECT MATCH

'There is a generational gap between these two women,' says Shields. 'But one's really good with forensics, the other is really good with motive and story, and they share that intelligence. They're not jealous of each other. It's not a competition.'

The crime-fighting duo soon cause trouble for local detective Jack (Tom Cavanagh), while there's also a spark of romantic tension between Jack and Allie.

'Writer Robin Bernheim has created two strong, smart women who you want to root for,' says Shields. 'This is a project I'm very proud of. What made me love Allie is that she's not afraid to look stupid. She doesn't take herself too seriously – but she also happens to be very intelligent, so that combination makes her so appealing.'



Tom Cavanagh as Jack

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

NEW Little Bird

Tuesday, 9pm & 10pm, Sky Atlantic (box set, Sky Box Sets & NOW)

Darla Contois (right) stars in a six-part Canadian drama that begins in 1968 when indigenous five-year-old Bezhig Little Bird is forcibly removed from her family, adopted by Jewish parents in Montreal and renamed Esther Rosenblum. Years later, Bezhig decides to embark on a journey to find her long-lost family, reconnect with her indigenous identity, and put the pieces of her past back together.

Kabul

NEW

Sat, 9pm & 9.50pm, BBC4 (box set, BBC iPlayer)

This six-part drama is set against the real-life events of August 2021 when US troops withdrew from Afghanistan, allowing the Taliban to regain control of Kabul. The action follows the chaotic evacuation of various characters, with *Grey's Anatomy* star Eric Dane (right) making one of his last screen appearances before his sad death in February, aged 53.

Celebrity MasterChef

NEW

Tue-Wed, 9pm, & Fri, 8pm, BBC1

As the cooking contest returns, the first heat features weightlifter Emily Campbell, presenter Jason Mohammad, *Love Island*'s Shakira Khan, comic Joe Pasquale and singer Jay McGuiness. As the contestants face some tricky tasks, they will have to impress Grace Dent and her new co-judge, Michelin-starred chef Giorgio Locatelli (pictured with Dent).

Ghosts US

NEW

Saturday, 8.40pm, 9pm, 9.20pm & 9.40pm, BBC3 (box set, BBC iPlayer)

Season 5 of the comedy spin-off finds Sam and Jay juggling their B&B business, a newly opened restaurant and a house full of mischievous ghosts. In the first episode, Isaac helps Patience through a crisis of confidence, while Pete and Alberta deal with the fallout from their unexpected kiss.

YOUR WATCHLIST

NETFLIX

prime

BBC iPLAYER

Disney+

4

Paramount+

HBO max

tv

EXCLUSIVE!

SPACE COPS

Kelly Macdonald is a small-town sheriff who teams up with cosmic crime-fighters

John Stewart
Aaron Pierre
The architect and former Marine marksman is the first Lantern to be hand-picked by the Corps. Is he up to the challenge?

Sheriff Kerry Kane
Kelly Macdonald
Fiercely protective of her home town, Kerry clashes with Hal when he interferes with a murder investigation in her jurisdiction.

Hal Jordan
Kyle Chandler
The gruff, legendary member of the Green Lantern Corps might be a loose cannon, but his hunch about a murder in heartland America proves vital.

WHO'S WHO

William Macon
Garret Dillahunt
The Nebraska cowboy likes to think he rules the town, but is his shadowy benefactor pulling strings from behind the scenes?

Zoe Macon
Poorna Jagannathan
William's wife is a quiet, cunning force in Rushville. Will her interest in rookie Lantern John upset the local status quo?

HBO max Lanterns

NEW *Available: Mon 17 Aug Genre: Superhero drama Season: 1 Eps: 8 (released weekly)*

The Green Lantern Corps, DC Comics' legendary intergalactic police force, have seen plenty of action over the years, from Ryan Reynolds' 2011 blockbuster movie *Green Lantern* to fan-favourite 2000s animated series *Justice League*.

Now, a gritty HBO Max sci-fi drama follows the space cops in an eight-part series starring Kyle Chandler as grizzled, veteran Lantern Hal Jordan, with Aaron Pierre as rookie recruit John Stewart.

The action follows former test pilot Hal as he begrudgingly mentors ex-Marine sniper John. But unlike Hal, who was chosen in the traditional way by a special ring that grants its wearer powers (provided Hal recharges it), John is the first Lantern to be hand-picked directly by the Corps.

Just two months into training, however, a shoot-out on a Nebraska football field lures the duo to the small town of Rushville, where Hal smells extraterrestrial foul play.

'Hal has a singular mindset, and the fact that he was chosen by the ring gives him a sense of confidence,' says Chandler, 60. 'John, meanwhile, brings a practicality and an intelligence that Hal doesn't have.'

INTERGALACTIC MYSTERY

Rushville Sheriff Kerry Kane (Kelly Macdonald) is loath to let space cops crash her crime scene, but the murder investigation quickly spirals into a cosmic mystery with stakes stretching far beyond Earth.

Unfolding over different timelines, the drama also follows the powerful Macon family, including cowboy patriarch William (Garret Dillahunt), his shrewd wife, Zoe (Poorna Jagannathan), and William's son, Billy (Jason Ritter), an attorney who is married to Kerry.

'The Macons are the self-appointed leaders of Rushville and Kerry's father-in-law is the kingpin. They remind me of the Ewings from *Dallas*,' says Macdonald, 50, in an exclusive chat with *TV&Streaming Week*.

'They don't want outsiders butting in, and then Hal arrives with an instinct that something is off about this town. He rubs Kerry up the wrong way, but she ends up being a third wheel for him and John.'

But despite the buddy-cop dynamic between Hal and John, *Lanterns* honours DC lore, with guest star Laura Linney playing a Guardian of the Universe – the founders of the Corps – alongside Ulrich Thomsen as Hal's former mentor, Sinestro.

'For the most part, I forgot I was filming something vaguely superhero-esque because it felt more like American noir,' says Macdonald, who's also played cops in BBC1's *Line of Duty* and Netflix anthology *Black Mirror*. 'I love detective roles, but this was my first time playing a sheriff. Wearing custom cowboy boots, the badge and hat was a dream come true.'

What we're watching...

The shows being enjoyed by the *TVSW* team

HBO max Stuart Fails to Save the Universe

Genre: Comedy Season: 1 Episodes: 10 (released weekly)

The latest *Big Bang Theory* spin-off is completely different from other shows in that universe, focusing as it does on the interdimensional adventures of comic-book-store owner Stuart Bloom (Kevin Sussman). With civilisation having collapsed, Stuart is visited by an alternate version of himself, who sends him on a quest that could restore reality. But things don't go to plan as Stuart is helped – and hindered – by familiar faces including Denise (Lauren Lapkus), Bert (Brian Posehn) and Barry Kripke (John Ross Bowie).

NETFLIX A Toxic Love Story

Genre: Documentary Episodes: One-off

In another true-crime story, Michelle Hadley (right), the ex-partner of US Marshal Ian Diaz, is accused of carrying out a sick revenge plot against his new wife Angela, but nothing is what it seems...

tv The Dink

Genre: Comedy Episodes: One-off

Washed-up former tennis prodigy Dusty Boyd (Jake Johnson, right) unexpectedly falls in love with pickleball, thanks to partnering with Candace (Mary Steenburgen), in a warm and witty comedy.

Now in production...

Three upcoming shows to look out for soon

NETFLIX The Secret of Secrets

In Netflix's drama, based on Dan Brown's novel, Morgan Spector (above) will play symbologist Robert Langdon, who tries to save a missing scientist and track down her crucial manuscript, which could shed startling new light on the human mind.

Paramount+ Clueless

Alicia Silverstone (above) is heading back to Beverly Hills as energetic Cher Horowitz for Paramount+'s sequel to the classic 1995 comedy. Some 30 years on, talented businesswoman Cher is now struggling to cope with her teenage daughter's high-school woes.

NETFLIX Beat Luke Littler

Netflix's live event, airing in October, will see amateur darts players from across the UK, who have been whittled down in regional heats, step up to the oche to take on the teenager and double world champion (above) in a bid to win £501,000.

WORDS: CAREN CLARK; JUDY EWENS, REBECCA MAHONEY PHOTOS: APPLE TV, GETTY, HBO MAX, NETFLIX

Accidental gangster

Cathy, Leon and Joe (right)

Deon Cole is a plumber caught up in high-stakes crime

Paramount+ Average Joe

NEW *Available:* ***Wed 19 Aug*** *Genre:* ***Action drama*** *Seasons:* ***1-2*** *Episodes:* ***18 (all 10 eps of Season 1 from 19 Aug; plus first two eps of Season 2 from 19 Aug, then weekly)***

Pittsburgh plumber Joe Washington's ordinary existence takes an extraordinary turn in US action drama *Average Joe* when he discovers that his late father had led a double life as a drug mule – and had stolen $10 million and a Lamborghini from the Russian Mafia.

Not surprisingly, the mobsters want their cash back, and after Joe (Deon Cole) is violently confronted by a couple of henchmen, he's forced to kill both assailants before discovering $100,000 hidden in his father's safe.

As Joe seeks to protect his waitress wife Angela (Tammy Townsend) and teenage daughter Jenn (Ashley Olivia Fisher) from the vengeful Mob, he decides to find the rest of the money his dad stole and keep it for himself.

McWilliams as Cathy

RISKY BUSINESS

'Joe is an average guy who is presented with a bizarre situation – and he doesn't know what to do,' says Cole. 'He makes his choices within that chaos.'

Joe's best friends, Leon Montgomery (Malcolm Barrett) and hard-drinking, painkiller-addict cop Benjamin 'Touch' Tuchawuski (Michael Trucco), agree to help him out in exchange for 20% of the cash.

Touch (left) and Leon

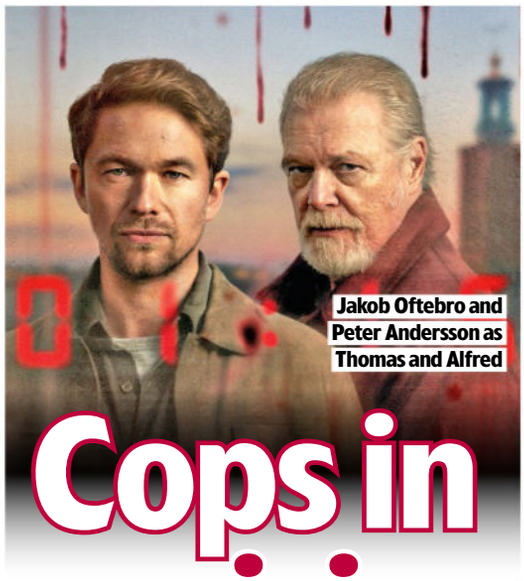
'Touch, Joe and Leon are lifelong best friends, and we see this alliance being formed in extraordinary circumstances,' says *Battlestar Galactica* actor Trucco. 'Touch is dealing with a lot of darkness, and has skeletons in his closet. He jumps on board when a more high-minded cop would have done the right thing.'

PLAYING WITH FIRE

As merciless Mob boss Nicolai (Pasha D Lychnikoff) dispatches more hoodlums to recover his money, Leon's wife Cathy (Cynthia Kaye McWilliams), who is obsessed with true crime, gets involved in another deadly encounter as events quickly escalate...

The story is loosely based on creator Robb Cullen's real-life experiences, and *Black-ish* actor Cole relished the chance to play Joe.

'I took it as a challenge to be vulnerable, charismatic, gangster, funny and serious,' he says. 'I was attracted to Joe because of his loyalty. You see him go to any means to protect his family.'



Jakob Oftebro and Peter Andersson as Thomas and Alfred

Cops in crisis

A **serial killer** targets police officers in a Scandi thriller

NETFLIX Blood Sacrifice

NEW *Available:* ***Thursday 20 August*** *Genre:* ***Crime drama*** *Season:* ***1*** *Episodes:* ***5***

A desperate detective reaches out to his estranged father to help solve a series of ritualistic murders in this new Nordic noir from *Hijack* and *Lupin* co-creator George Kay.

After two of his colleagues are brutally killed while attending an emergency call-out in the Stockholm suburbs, Thomas Berg (Jakob Oftebro) is increasingly frustrated by the lack of progress in his investigation, particularly the apparent disappearance of the distressed woman who made the call that lured the officers to their deaths.

LOOKING FOR ANSWERS

When he notices a similarity between this case and a seemingly solved murder from a few weeks before, Thomas approaches his bosses and asks for permission to explore his theory in more detail. Wary of creating a panic about a possible serial killer targeting the police, his superiors allow him to secretly look into the potential connection.

During an emotionally charged visit to his father Alfred (Peter Andersson), who retired from the force amid allegations of misconduct, Thomas enlists his dad's assistance off the record.

'Thomas has dedicated his life to his work, but when the attacks start targeting his own world, he's forced to confront not only a brutal killer but also the complicated relationship with his own father,' says Oftebro. 'Playing him was both challenging and incredibly rewarding. It's a story about what happens when the past refuses to stay buried.'

Thomas with his father Alfred

WORDS: CAREN CLARK, SEAN MARLAND, RICHARD MCCLURE, STEVEN PERKINS, VICTORIA WILSON. PHOTOS: C4, GETTY, NETFLIX, PARAMOUNT+, PRIME VIDEO, SKY, U&GOLD, ITV

King of the court

How **Novak Djokovic** went from war-torn Serbia to Grand Slam triumph

prime Novak Djokovic: The Wolf in Winter

NEW *Available: Thursday 20 August*
Genre: Documentary

Novak Djokovic is the greatest male player in tennis history and his many records, which include 24 Grand Slam singles titles, may never be beaten.

But for all he has achieved, the 39-year-old remains one of the most complex figures in sport, and has never received the same universal acclaim as his former rivals Rafael Nadal and Roger Federer.

Djokovic with great rivals Federer and Nadal

DAILY DANGER

Now, there's the chance to discover more about Djokovic in a candid feature-length documentary that traces his rise from humble childhood in war-torn Serbia to the very top of the game.

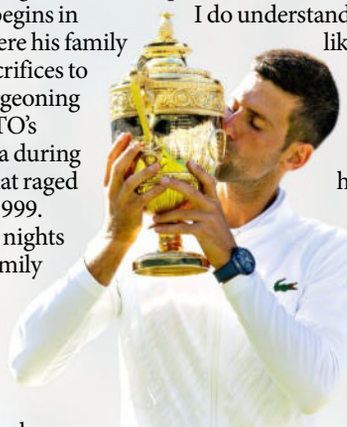
His story begins in Belgrade, where his family made huge sacrifices to support his burgeoning talent amid NATO's bombing of Serbia during the Kosovo War that raged between 1998 and 1999.

'On one of the first nights of the bombing, my family and I were running to a bomb shelter in the middle of the night,' recalls Djokovic. 'People were panicking. I tripped and fell and when I looked back, I saw a plane bombing a hospital. It was horrifying.'

Following the war, Djokovic's family endured economic hardship to fund his stay at training camps in Germany. His first Grand Slam came when he won the Australian Open in 2008, but his antics in those early years, where he mimicked his rivals and was accused of faking injuries by his opponents, made him unpopular in the game.

FINDING AN IDENTITY

'When I left home at 13, I wasn't able to express my feelings, when I should have been able to show everything – the joy, the fear, the frustration, the anger,' he says. 'The court was a place where I could get those things out, but I do understand why people didn't really like me or still don't like me.'



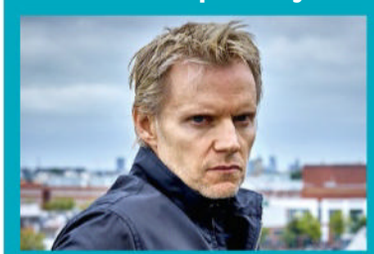
Winning Wimbledon in 2022

Despite a career that includes seven Wimbledon titles and Olympic gold, he's still hungry for more success.

'There are days I feel like I'm still the best and days when I question if I can keep up with the best guys,' he says. 'This is the battle. How long should I do this? As long as I feel I can win tournaments, I'll keep going.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



ITVX Van der Valk

The return of ITV1's Amsterdam-set crime drama finds Piet Van der Valk (Marc Warren, above) looking into the murder of a whistle-blower. But the cop is shocked to learn that his ex, Kalie Tenkers (Kim Riedle), was the protection officer.

Sky box sets NOW Virgin media Possession

Sky Atlantic's supernatural drama sees lawyer Claudia (Gugu Mbatha-Raw, above) head to Jamaica after a client mysteriously leaves all his money to a local man. Soon, a link to the estate's dark history emerges.

Sky box sets NOW Virgin media Joe & David's Magical Sitcom Tour

As David Earl and Joe Wilkinson (both above) celebrate their favourite comedies on U&Gold, they begin with 1970s classic *Porridge* and meet a Ronnie Barker impersonator.

4 Richard E Grant's Very Modern Odyssey

In C4's travelogue, the actor (above) explores Mediterranean connections to Odysseus. On Gozo, he encounters a cave that may have inspired the home of nymph Calypso in Homer's work.

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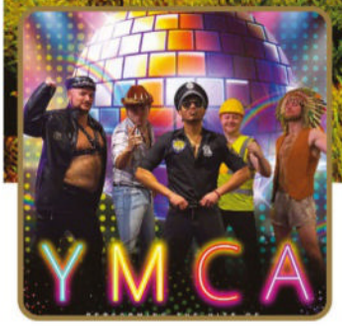

Sand Bay Holiday Village, Kewstoke

● 7 September 2026 - Self drive to resort - code SB9

EXCLUSIVE ENTERTAINMENT. .

● Keri Whip as Tina Turner ● Boy Gorgeous ● The Moondogs
● The Foundations ● Earth, Wind for Hire ● ET as Bob Marley
● Maxine Mazumder as Dusty ● DS;UK's Dire Straits tribute
● Jimmy Jemain - 'Stars in Their Eyes' Cliff Richard
● Billy Shannon ● Suzi Hopwood as Kylie Minogue
● YMCA Village People Experience
● Marc Robinson's Dance Party tributes to Buddy Holly, Richie Valens, The Big Bopper & Dion and The Belmonts
● Nat Augustin as George Benson
● Buzz D'Angelo as Little Richard
● Sarah Riches as Olivia Newton John + band
● The GN A-Team

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Universal Basic Guys
Sunday 16 August

The second season of the animated sitcom centring on two brothers, Mark and Hank Hoagies, who lose their jobs to automation and are given $3,000 a month under a new basic-income programme, leaving them with too much time on their hands. Guest voices this season include *Mad Men*'s Christina Hendricks and *Veep*'s Tony Hale.

Lanterns
Monday 17 August

Superhero drama based on the DC Comics characters. Two intergalactic cops – veteran Hal Jordan (*Friday Night Lights*' Kyle Chandler) and new recruit John Stewart (*The Morning Show*'s Aaron Pierre) – are drawn into a dark, Earth-based mystery. See feature, p14.

Look into My Eyes
Tuesday 18 August

Docuseries about Dr George Kenney, a Florida high-school principal whose reputation unravelled after it emerged that he had been hypnotising students. Kenney's activities came to light in 2011 after three of the 70 students he'd hypnotised died in separate incidents.

Average Joe
Wednesday 19 August

Action drama starring Deon Cole as plumber Joe Washington, who is shocked to learn that the Mafia are targeting him because his late father stole $10 million from them. Season 1 and the opening two instalments of Season 2 are available from Wednesday 19 August, after which episodes are released weekly. See feature, page 16.

A Beautiful Obsession
Wednesday 19 August

Docuseries about former Manchester City manager Pep Guardiola. During his 10 years at the club, the Spaniard won six Premier League titles, the Champions League and three FA Cups. The series culminates with the climax of the 2025/26 season, including a pivotal title clash with Arsenal, the FA Cup final against Chelsea, and Guardiola's emotional farewell.

Love Is Blind: UK
Wednesday 19 August

Matt and Emma Willis host the third season of the British version of the reality dating show where singletons propose marriage before laying eyes on their potential other halves.

Blood Sacrifice
Thursday 20 August

Swedish crime thriller from *Hijack* co-creator George Kay. Following the brutal murder of two police officers in Stockholm, a tenacious detective (Jakob Oftebro) joins forces with his estranged father (Peter Andersson), a retired detective, to catch the killer. See feature, page 16.

Outer Banks
Thursday 20 August

The fifth season of the teen drama picks up immediately after the tragic death of JJ (Rudy Pankow) in Morocco. Stranded far from home and mourning the heart of their crew, they've lost the Blue Crown and are seeking revenge against Chandler Groff (J Anthony Crane).

Novak Djokovic: The Wolf in Winter
Thursday 20 August

Documentary about tennis legend Novak Djokovic, who began playing on the hardscrabble courts of war-torn Serbia and rose to become the most accomplished champion in the history of the men's game, with 24 Grand Slam titles and a record 428 weeks at world No.1. But he has also been a polarising figure. See feature, page 17.

Lion
Thursday 20 August

Filmed over four years, this wildlife docuseries follows a lion cub named Kio on his epic journey from a vulnerable start to becoming king of his pride. Also showing on National Geographic (Thursday, 8pm & 8.55pm). See feature, page 20.

The Dynasty: UConn Huskies
Friday 21 August

Docuseries chronicling the 40-year history of the legendary University of Connecticut (UConn) women's basketball programme under head coach Geno Auriemma. In 1985, UConn had had just one winning season, until they were transformed by Auriemma, claiming 12 national championships, more than any other team, men or women, in the history of NCAA Division I basketball.

Under Fire
Friday 21 August

The third season of the Belgian firefighter drama. Following Nina's death and Orlando's departure, East Bank Fire Station is given a lifeline with the arrival of four young firefighters. Superintendent Dominique must unite the old guard and new recruits into one team, but a volatile newcomer and an unexpected visit only deepen the cracks.

Facing El Chapo
Friday 21 August

Mexican action drama based on real events. Two cops carrying out a routine stop pull over a stolen car only to come face to face with notorious cartel boss Joaquín 'El Chapo' Guzmán.

Diablo
Friday 21 August

Action thriller. Ex-con Kris Chaney (Scott Adkins) sets out to fulfil a promise he made to a dead friend to protect her teenage daughter Elisa (Alanna De La Rossa). His mission takes him to Colombia where he kidnaps Elisa, whose father is a powerful cartel boss, and the pair go on the run.

Stillwater
Friday 21 August

The fifth season of the animated children's series about three siblings – Karl, Addy and Michael – and their next-door neighbour, a wise panda named Stillwater. His friendship and stories give them new perspectives on the world, themselves and each other.

Freefall: A Reckoning for Boeing
Wednesday 19 August

Documentary about the death of Boeing whistleblower John Barnett in 2024 and allegations by others that Boeing's culture of cost-cutting and cover-ups led to fatal aviation-safety failures.

WORDS: JUDY EWENS. PHOTOS: APPLE TV, NETFLIX

Documentaries

Kio on the prowl

Circle of life

Cameras follow a **lion cub's journey** to becoming a great leader

NEW **WILDLIFE**

Lion

Thursday, 8pm & 8.55pm, National Geographic (box set, Disney+)

Over half of lion cubs in the wild do not survive their first year – a brutal battle to survive that is captured on film in new docuseries *Lion*.

The four-parter, airing on National Geographic and Disney+, follows plucky cub Kio's courageous fight to overcome the odds and eventually rule a pride.

It begins when Kio is just eight weeks old and growing up in Kenya's Maasai Mara National Reserve alongside his mother Summer. Over four years, we see the youngster learn how to become a dominant lion as he and his family encounter a range of challenges, from a dangerous buffalo hunt to a scarcity of food in the dry season.

'Capturing the story of a cub growing up to be king is like the holy grail,' says series producer Jane Atkins. 'So many cubs die, and male cubs especially have a tough time. But Kio was special. Every time he overcame the challenges.'

Members of Summer's pride

Camera operator Sophie Darlington

NEW CIRCUMSTANCES

Kio's destiny as a king, however, is also dependent on him forging a tight connection with his older brothers, so when the adolescents are ejected from the pride by the adult males, Summer and Kio leave with them. Tragically, while teaching the adolescents how to hunt, Summer tries to take down domestic cattle and is killed by a spear.

'Summer kept Kio as her priority and she had a huge role in not just his success, but the success of all of the young males,' says Atkins. 'When she passed away, we cried because we'd got to know these lions. Kio had to overcome her loss, and the boys gathered to face the world.'

The series, executive produced by actor Jon Favreau, who directed the 2019 remake of *The Lion King*, explores how a new future beckons when the brothers find lush marshland populated by welcoming females. And although they are initially chased away by the pride's older males, they claim the territory for themselves before Kio heads up his own dynasty.

WINNING OUT

'They'd never stood up to big males before, so that was challenging,' explains Atkins. 'But Kio had Summer's qualities. He was affectionate, confident and observant.

'His brotherhood gave him strength and they became this incredible coalition with him at its heart. And when we finally saw Kio's own cub Musiara, it was a real circle of life.'

WORDS: CAREN CLARK. NATASHA HOLLIAN MACEWAN. PHOTOS: 5, ALAMY/BBC C4. ©2026 DISNEY & ITS RELATED ENTITIES, GETTY, ITV, NATIONAL GEOGRAPHIC

Force of Nature

Sunday, 7pm, ITV1

The fourth episode of this wildlife series follows a female Arctic fox pup in Svalbard as she makes a journey of more than 2,000 miles across the frozen Arctic Ocean to Canada to look for food to survive. Elsewhere, seasonal variation causes havoc for hunting snow leopards in the Himalayas and for Arctic ground squirrels in Alaska.

25 Years in Afghanistan

Sunday, 11.15pm, ITV1

Five years ago, BAFTA-winning film *My Childhood, My Country: 20 Years in Afghanistan* featured Afghan youngster Mir sharing his experience of growing up during the US occupation and the Taliban's return to power. This updated version catches up with Mir and his family to find out how Afghans are coping under the repressive regime.

The Georgians with Rob Rinder & Ruth Goodman

Tuesday, 9pm, 5

This week, the pair travel back to the 1820s, as Britain prepares for the coronation of George IV. Rinder explores the world of London's wealthy through a high-society hostess, while Goodman uncovers the life of a carpenter in Soho.

Concorde Crash: Days That Shocked the World

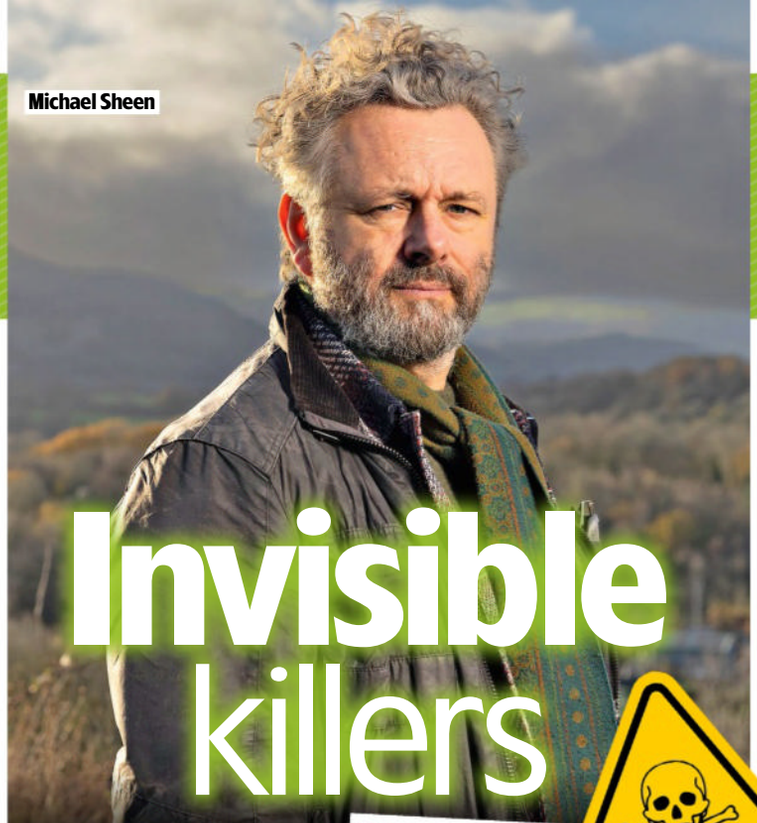
Saturday, 10pm, C4

On 25 July 2000, Concorde Flight 4590, leaving Paris for New York, caught fire on take-off before crashing into a field and destroying a hotel. All 109 people on the plane died, as did four on the ground. Here, investigators describe how the evidence led them to discover the cause of the tragedy.

The Great ADHD Myth?

Tuesday, 8pm, C4

With ADHD diagnoses rising dramatically, NHS psychiatrist Dr Max Pemberton (above) explores the condition, and the worrying increase in the use of medication for ADHD in children. He also reports on an experiment that manages a youngster's ADHD with behavioural and dietary changes instead of drugs.



Michael Sheen

Invisible killers

Has Wales been poisoned by hazardous chemicals? **Michael Sheen** investigates...

NEW **FACTUAL**

Buried with Michael Sheen

Monday, 9pm, BBC2 (Wales, BBC1) (box set, BBC iPlayer)

Almost 10 years ago, Welsh actor Michael Sheen met and interviewed activist Douglas Gowan, who was convinced that the people of Wales were being slowly poisoned by toxic chemicals that had been dumped in rivers, sewers and disused quarries.

Gowan, who died just months later, believed that the banned chemicals, called PCBs – and known as 'forever chemicals' as they take so long to break down – had polluted Wales' soil and waterways and were going to cause long-term health issues for generations.

'For many years, this has been a story I can't stop thinking about,' says *Good Omens* star Sheen, 57. 'What Douglas told me involved massive transnational companies and potential cover-ups. It made my blood run cold.'

Now, in a two-parter, Sheen is digging deeper into Gowan's claims, meeting families from the affected areas, which have disproportionate rates of cancer, and speaking to experts and scientists to get to the truth.

He also travels to Anniston, Alabama, where the community sued US chemical giant Monsanto, which produced PCBs in the area, for hundreds of millions of dollars for contaminating their land and causing health problems.

WORRYING MOVE

However, Monsanto's response was to move production to Wales, with its Newport plant becoming the largest producer of PCBs in Europe. The company is no longer in existence, and PCBs have been banned in the UK since the 1980s, but their lethal legacy continues.

'I find it absolutely mind-blowing. Knowing what they were doing in Anniston and seeing the effect on people and then going, "Well, we'll do it to someone else,"' says Sheen. 'How do you do that as a human being to another human being?

'This is not historic. It's about whether there is a danger there now for these people and all the other places. If we fail to act now, it won't be history that judges us, it will be the future.'

Toxic-waste barrels

Films to pick of this

MOVIE OF THE WEEK

SUPERGIRL

Milly Alcock has bags of charm as the quirky counterbalance to cousin Superman

SUPERHERO

Available now, buy or rent from digital stores including Prime Video and Sky Store ★★★★

Briefly seen at the end of last year's *Superman* reboot, Milly Alcock's Kara Zor-El, better known as Supergirl, gets her own adventure and we can tell right away that she is not going to be your usual type of superhero. When we first meet her she's in the midst of an intergalactic bender, bar hopping on red-sun planets that diminish her Kryptonian powers and thereby allow her to get drunk.

Left traumatised by the destruction of her home planet, she's a rebellious mess whose only buddy is her dog Krypto. Which means she is reluctant to help Eve Ridley's Ruthye, a young alien girl who is seeking revenge against the outlaw who murdered her family – until this interplanetary human trafficker fires a poison dart into Kara's beloved Krypto. With three days to retrieve the antidote, the duo's subsequent quest takes them to some of the scuzziest corners of the universe and into a series of showdowns with various baddies (and to an encounter with Jason Momoa's alien bounty hunter Lobo, sure to return).

Both the film's plot and action aren't particularly streamlined or original, but its tonal mix of the playful and the dark works thanks to Alcock's charismatic turn as a grieving, grumpy, goofy loner who eventually locates her moral compass. 2026, 12, 108MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY

More premieres and Day by Day planner

week's Best Movies

ANIMATION

The Wild Robot

From Thursday, Netflix ★★★★

This heartwarming DreamWorks animated movie sees a shipwrecked household robot wash ashore on an island populated by a lively array of animals. Unable to find a 'customer' for whom she can act out her programming, she reluctantly becomes the adoptive mother to an orphaned gosling. Adapted from Peter Brown's children's book, *The Wild Robot* is a worthy heir to such robot-with-a-soul favourites as *The Iron Giant* and *WALL-E*. The artwork is stunning, while the script combines smart and funny gags with thoughtful ideas about AI and ecology. Lupita Nyong'o brings appealing warmth to the eponymous robot and she gets excellent support from the actors voicing her furry co-stars, including Pedro Pascal's wily fox and Bill Nighy's squadron-leader-like goose. 2024, U, 102MIN

Android's dream life

The searchers: Josh, Isabelle, Dennis and David

SCI-FI MYSTERY

Signal One

Saturday, 3.05pm & 10.20pm, Sky Premiere ★★★★

A thoughtful, literate tale that stays fairly grounded, *Signal One* asks a fundamental sci-fi question: if we could talk to aliens, should we? The implications of simply alerting extraterrestrial civilisations to our existence could have devastating consequences... Here, tech bro billionaire Dennis Quaid invites top-of-their-league scientists Isabelle Fuhrman and Josh Hutcherson to join the deeply cynical David Thewlis (with a scene-stealing performance) on a remote island to translate what may be ET transmissions. What unfolds is a movie with the smarts to keep the flashy visuals to a minimum in order to explore seriously weighty subjects, while also being thoroughly engrossing. 2026, 15, 87MIN

Who's for lunch? Gavin, Tommi, Lana, Kathryn and Nico

CREATURE FEATURE

The Devil's Mouth

Available now, Prime Video ★★★

An odious bunch of American teenagers (Kathryn Newton, Lana Condor, Nico Hiraga, Tommi Rose and Gavin Casalegno) are trapped in a remote Thai cave system, with a large, angry bull shark determined to snack on them. What would be yet another unremarkable shark movie is given fresh impetus by the toxic friendship at the core of the group, with submissive Newton always allowing bossy, assertive bestie Condor to get her own way (the rest of the group are effectively chum). That Newton must battle her buddy as much as the beastie gives this film more teeth than expected. 2026, 15, 106MIN

COMEDY HORROR

Five Nights at Freddy's 2

Friday, 11.40am & 8pm, Sky Premiere ★★★

We're back with the haunted animatronics in a movie that already sets up a third. A year after the events of the first movie, Josh Hutcherson is attempting to jostle seeing ex-cop Elizabeth Lail while dealing with his young sister, Piper Rubio, who wants to reconnect with her 'friends' – the mechanical animals possessed by dead kids. This is a film overstuffed with lore from the videogames, which will mean nothing to casual viewers, but this is slightly scarier stuff compared to the previous movie, mostly through the introduction of 'The Marionette'... 2025, 15, 104MIN

Films

Meeting of minds: Michaela and Ian

COMEDY DRAMA

The Christophers

Available now, buy or rent from digital stores ★★★★

Generational talents at opposite ends of their careers, Ian McKellen and Michaela Coel go head to head as a legendary English painter and a talented young forger in this tartly funny, deceptively touching comedy drama directed by the prolific Steven Soderbergh, whose wildly eclectic work ranges from *Sex, Lies, and Videotape* to *Ocean's Eleven* to *Presence* and so on.

Coel's Lori is an artist whose career has never taken off; McKellen's cranky old master, Julian Sklar, hasn't painted in years. But the two are thrown together when Julian's grasping offspring (*Baby Reindeer*'s Jessica Gunning and James Corden) secretly enlist Lori to complete 'The Christophers', a series of their father's most famous paintings, potentially worth millions, and sneakily get her hired as his assistant.

This talky two-hander is undeniably stagey, but as secrets and surprises tumble forth amid the clutter of Julian's sprawling, overstuffed Bloomsbury townhouse, it's fascinating to watch as McKellen (ripe, flamboyant) and Coel (all taciturn restraint) spar and spark off one another. 2025, 15, 100MIN

Hidden gems Great movies you might have missed...

CRIME THRILLER

The Hit

Prime Video ★★★★

Stephen Frears' tense, fascinating thriller stars Terence Stamp as an ex-gangster who grassed on some mobsters before fleeing to Spain. He's been waiting 10 years for a hitman to cross his path, apparently calmly awaiting his fate. The man sent to kill him is John Hurt, who has also brought along young apprentice Tim Roth. Stamp is compelling and persuasive, while Hurt shines as the seemingly stoic hitman who slowly begins to unwind. 1984, 18, 98MIN

BLACK COMEDY

The Party

BFI Player ★★★★

A deliciously tart comedy that revolves around a social gathering going embarrassingly and painfully awry. Politician Kristin Scott Thomas and husband Timothy Spall are throwing a dinner party to celebrate her appointment as shadow health secretary, with guests Cherry Jones, Emily Mortimer, Cillian Murphy, Patricia Clarkson and Bruno Ganz. Shot in black and white and running a brisk 71 minutes, this scathing intellectual farce positively zings with energy. 2017, 15, 71MIN

ACTION HORROR

Train to Busan

STUDIOCANAL Presents ★★★★

A veritable thrill ride if ever there was one, this Korean horror movie will keep you pinned to your seat as a dwindling band of passengers on board a bullet train hurtling between Seoul and Busan fight to stay alive in the midst of an overwhelming zombie outbreak. The pace is breakneck and the action relentless in a movie that reinvigorated the zombie movie at the time, with director Yeon Sang-ho still finding time to etch characters we can root for. Subtitled. 2016, 15, 115MIN

Films Weekend movies

Saturday 15 August

THRILLER

Skyfall

8pm, ITV1 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Daniel Craig's faultless third 007 film gets off to a scorching start with a heart-pounding chase through Istanbul, which ends with M (Judi Dench) ordering Bond's elimination. But she's the one in the firing line, since a hard drive identifying MI6 agents has fallen into the wrong hands and her new boss (Ralph Fiennes) wants her retired. Craig and Dench strike sparks, Javier Bardem's cyber-terrorist makes a great villain, Ben Whishaw amuses as Q and Naomie Harris' fellow agent also makes her role count. The action sequences are brilliantly directed by Sam Mendes, but this Bond movie really sets itself apart by also caring about its characters. 2012, 12, 143MIN

Bonding: Daniel and Judi

ANIMATION

Chicken Run

2.30pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

A group of chickens plots to escape in this super animation. Ginger (voiced by Julia Sawalha) and her fellow birds are keen to flee the miserable confines of Tweedy's Farm, where if they stop laying eggs they'll end up in a pie. She figures out their best chance of getting out is with the arrival of Rocky the Flying Rooster (Mel Gibson) after he crash-lands in their compound. Directed by Nick Park and Peter Lord, the film has exceptional fun sending up PoW films and is brimming with funny lines and great set pieces that will leave you feeling eggstatic. 2000, U, 84MIN

COMEDY

The Unbearable Weight of Massive Talent

11pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

The idea of Nicolas Cage being synonymous with no-half-measures excess is taken up and firebombed by writer-director Tom Gormican's mischievous comedy. Cage plays actor Nic Cage, losing his bankability and daughter's respect but desperate to work. Berated by his alter-ego Nicky, he's thinking of retiring. Then he's offered $1 million to attend the birthday party of Pedro Pascal's billionaire. As they bond, the CIA asks Cage to spy on Pascal... Balancing ridicule with reverence, this is a blast. 2022, 15, 107MIN

CLASSIC COMEDY

The Graduate

11.40pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Robert Redford was the original choice to play the title character in this version of Charles Webb's bestseller – and Doris Day was slated to play Mrs Robinson. Now, it's almost impossible to imagine anyone other than Dustin Hoffman (spot-on in his star-making role) and Anne Bancroft in the roles, even though 'older woman' Bancroft was just six years Hoffman's senior. The Simon & Garfunkel soundtrack and the cliffhanging ending are perfect and director Mike Nichols' classic still sets the benchmark for any coming-of-age movie. 1967, 12, 105MIN

WORLD CINEMA

Monos

1am, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

High in the mountains somewhere in South America, a ragged squad of adolescent guerrilla soldiers lark about between performing drills and guarding Julianne Nicholson's US hostage. When their situation turns volatile, they move down to the steamy jungle below, where things get even more dangerously out of hand. Director Alejandro Landes' stunningly shot film is spellbinding, with composer Mica Levi's eerie, needling score adding to the story's hallucinatory power. Subtitled. 1967, 12, 105MIN

■ Full listings start on **p35**

Sunday 16 August

FAMILY COMEDY MUSICAL

Lyle, Lyle Crocodile

10.35am, BBC1 ★★★

Sex ●●● Violence ●●● Language ●●●

You'll be charmed by this amusing tale about Constance Wu and Scoot McNairy's new home in New York, which comes complete with a reptilian house guest – a singing crocodile with the voice of Shawn Mendes, an opportunistic manager (Javier Bardem) and a severe case of performance anxiety. There's a definite *Paddington* vibe here, perhaps because author Bernard Waber's Lyle and Michael Bond's beloved bear are of a similar vintage, while snappy songs from the Oscar-winning composers of *La La Land* and *Dear Evan Hansen*, Benj Pasek and Justin Paul, scale up the feel-good appeal. 2022, PG, 106MIN

Hitting the scales: Lyle

CLASSIC MUSICAL

Top Hat

9.30am, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This effervescent Fred Astaire and Ginger Rogers musical was the perfect panacea for Depression-era audiences. Every one of Irving Berlin's five songs from the film was a hit and the movie proved to be RKO's biggest moneymaker of the decade. Its breathtaking finale, *The Piccolino*, was a rarely matched dancing tour de force that took more than 100 hours of rehearsal to perfect. Look out for the scenes where Astaire flies off to Venice – they're outtakes from a previous Astaire-Rogers film, *Flying Down to Rio*! 1935, U, 101MIN

CLASSIC THRILLER

The French Connection

10pm, BBC2 (not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Rundown New York streets, fuzzy sound and an awful lot of filming through car windows are the trademark touches of director William Friedkin's heavy-duty crime thriller, which won five Oscars, including Best Director and Best Actor for Gene Hackman, in his iconic role as cop 'Popeye' Doyle. With his sidekick, Roy Scheider's Buddy Russo, Doyle is on the trail of Fernando Rey's drug-running operation, The Three Degrees sing in a nightclub and there's a justly famous, all-time great chase sequence involving a car and an elevated railway train. 1971, 18, 104MIN

THRILLER

Alice, Darling

11.05pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A superb, if deeply uncomfortable, study in coercion and control, this stars an excellent Anna Kendrick as Alice, the subdued, insular girlfriend of emotionally abusive Simon (Charlie Carrick), a British artist living in Toronto. So malign is his influence that, terrified of riling him, she concocts a work-related excuse in order to spend a week away with best friends Sophie (Wunmi Mosaku) and Tess (Kaniehtiio Horn). But will the lakeside vacation give her the reality check she needs, or are Simon's hooks too deeply embedded in her? 2022, 15, 90MIN

CLASSIC THRILLER

Bonnie and Clyde

11.40pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

In director Arthur Penn's ground-breaking thriller, one of the key films of its era, young tearaways Clyde Barrow (Warren Beatty) and Bonnie Parker (Faye Dunaway, in only her second film) go on a bank-robbing spree across 1930s Depression-era America. The stars are excellent, Michael J Pollard and Gene Hackman give first-class support and spot Gene Wilder in his screen debut. The infamous ending remains the very definition of the term 'overkill' . 1967, 15, 108MIN

■ Full listings start on **p45**

Weekday movies over page

Films Weekday movies

Monday 17 August

FAMILY MUSICAL

Wicked: For Good

3.35pm, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

The second and final part of the blockbuster musical, based on the stage hit, lacks the magic of the first film, but charismatic stars Cynthia Erivo and Ariana Grande still cast a potent spell. Erivo's outcast Elphaba is unjustly demonised but is determined to expose the Wizard (Jeff Goldblum) as a fraud, while Grande's Glinda assumes greater popularity in Oz. Grande's big number, *The Girl in the Bubble*, captures her emotional journey, while the pair's hard-won friendship tugs at the heartstrings in the title number. 2025, PG, 137MIN

Green zone: Ariana and Cynthia

COMEDY

The Death of Stalin

6.10pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Master satirist Armando Iannucci's savage comedy is set in 1953, with Soviet dictator Joseph Stalin about to pop his clogs. That leaves the country's leaders, including Steve Buscemi's clownish but shrewd Khrushchev, Simon Russell Beale's ruthless spymaster Beria and Michael Palin's dutiful loyalist Molotov, jockeying for top spot. Or simply to stay alive. The result is a glorious slapstick panto. 2017, 15, 106MIN

DRAMA

Apollo 13

9pm, ITV4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Ron Howard's meticulous account of the ill-fated 1970 lunar mission is a real nail-biter. Tom Hanks, Bill Paxton and Kevin Bacon are astronomically good as the stricken astronauts dealing with mechanical failure and an explosion, but the scenes at Mission Control with Gary Sinise and Ed Harris ('We've never lost an American in space. We're certainly not going to lose one on my watch!') are every bit as gripping. 1995, PG, 140MIN

THRILLER

Heist

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

In this splendid caper movie, written and directed by David Mamet, Gene Hackman plays a cool master thief who, along with his gang (Rebecca Pidgeon, Delroy Lindo and Ricky Jay) is coerced by an untrustworthy mobster (Danny DeVito) into pulling off a hugely complex airport heist. Nothing goes according to plan as double crosses abound and hidden agendas are revealed. Sharp, cynical and very entertaining. 2001, 15, 109MIN

THRILLER

Mission: Impossible III

11.10pm, BBC1 (not Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

This instlament, directed by JJ Abrams, is a blast. Baddie Philip Seymour Hoffman is the reason why Tom Cruise gatecrashes a party at the Vatican, jumps off a skyscraper in Shanghai and causes lots of explosive mayhem, while Michelle Monaghan is the woman needing rescue with help from Ving Rhames, Maggie Q, Keri Russell and Jonathan Rhys Meyers. 2005, 12, 126MIN

■ Full listings start on p55

Tuesday 18 August

ANIMATION

The SpongeBob Movie: Search for SquarePants

7.55am, Sky Animation ★★★

Sex ●●● Violence ●●● Language ●●●

Conned by the ghostly Flying Dutchman (voiced by a winning Mark Hamill), SpongeBob (Tom Kenny) travels to the Underworld with him to prove he's a swashbuckler, not a 'bubble-blowing baby boy'. But his boss, Mr Krabs (Clancy Brown) knows the spectre's real intentions and sets off to save the day. Although the CGI lacks the charm of the original cartoon, this is breezy, frenetic and funny. 2025, PG, 88MIN

Ahoy: SpongeBob and Patrick

CLASSIC THRILLER

The Untouchables

10.40pm, BBC1 (11.10pm Northern Ireland) ★★★★★

Sex ●●● Violence ●●● Language ●●●

In Prohibition-era Chicago, Kevin Costner's Eliot Ness leads his team (including Irish cop Sean Connery) in a crusade against mobster Al Capone (Robert De Niro). Brian De Palma's spectacular gangster movie belts out its thrills and spills, all the way from De Niro's memorable wielding of a baseball bat to the classic railway station shoot-out (improvised in a single night at Chicago's Grand Central station). 1987, 15, 119MIN

THRILLER

Dragged Across Concrete

10.35pm, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Mel Gibson and Vince Vaughn star as embittered cops who, while under suspension from the force, attempt to hijack the loot from a bank robbery. Idiosyncratic director S Craig Zahler's fine, if leisurely, thriller also finds room for Tory Kittles' ex-con and his childhood best friend (Michael Jai White), both of whom are drawn into the heist, and juicy cameos from Zahler veterans Don Johnson and Udo Kier. 2018, 18, 159MIN

FAMILY COMEDY

Grow

11.35pm, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

A delightful family comedy in the vein of a Roald Dahl tale. With her mum having done a runner years ago, Charlie (Priya-Rose Brookwell) is sent to live with her Aunt Dinah (Golda Rosheuvel), who has problems of her own with a failing farm. But Charlie is able to communicate with plants – a big advantage when she enters a local pumpkin competition with help from Nick Frost's eccentric and Dominic McLaughlin's school pal. 2025, PG, 103MIN

CLASSIC DRAMA

The Deer Hunter

1.35am, Legend ★★★★★

Sex ●●● Violence ●●● Language ●●●

A sprawling, cynical look at the effects of the Vietnam War on the American heartland, seen through the eyes of steel-worker pals Robert De Niro, John Savage and Christopher Walken. Michael Cimino's film won five Oscars (including Best Picture, Best Director and Best Supporting Actor for Walken), while an early role for Meryl Streep hinted at the greatness to come. 1978, 18, 183MIN

■ Full listings start on p65

Wednesday

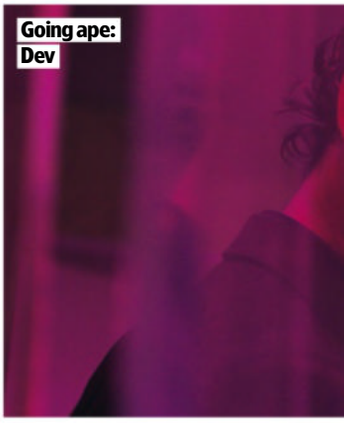
THRILLER

Monkey Man

11.30pm, BBC1 (12m't Scot, Fri 10.40pm N Ireland) ★★★★

Sex ●●● Violence ●●● Language ●●●

When we first see Dev Patel (also director and co-writer) he's in a monkey mask, being battered in Sharlto Copley's underground fight ring in India. He's also reeling from childhood memories of his mother's



Going ape: Dev

ANIMATION

How to Train Your Dragon 2

12.45pm, Sky Animation ★★★★

Sex ●●● Violence ●●● Language ●●●

Bursting with humour and eye-popping action, this soaring sequel to 2010's original is everything you could hope for. This time, Viking teen Hiccup (voiced by Jay Baruchel) has to take a break from mapping the world with his dragon Toothless in order to defend Berk from an evil would-be invader (Djimon Hounsou), who is gathering a fearsome army of dragons. 2014, PG, 100MIN

SCI-FI MYSTERY

The Beast

11.40pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Spanning two continents, three eras and who knows how many genres, this is an unwieldy sci-fi with some stunning moments. Terrified of an unspecified disaster, Léa Seydoux keeps crossing paths with George MacKay through the ages. In 1910 Paris, she's a pianist, he's her suitor; in 2014 LA, she's an actor-model, he's her stalker; and somewhere in 2044, she undergoes a procedure – the reason, perhaps, for all the time shifting... 2023, 15, 146MIN

19 August

death and a corrupt system. So now he embarks on a roaring rampage of revenge. The film is disorientating and intense, pummelling viewers with fast, jagged cuts and fight scenes that almost shove you in between the fighters as they go at each other with fists, feet, elbows, knees and teeth. The result is a knock-out. 2024, 18, 121MIN

MUSICAL

A Star is Born

12.25am, Sky Drama ★★★★★

Sex ●○○ Violence ●○○ Language ●●●

Previously filmed in 1937, 1954 and 1976, this showbiz saga proves as fresh as ever thanks to co-writer-director-star Bradley Cooper and Lady Gaga. He's a hard-drinking country-rock star and she's a struggling singer-songwriter who fall in love, but as her career takes off his begins to slide... Gaga is electrifying and Cooper is similarly wonderful. The film was nominated for eight Oscars and won for best song, *Shallow*. 2018, 15, 136MIN

THRILLER

Six Minutes to Midnight

4.45am, Sky Drama ★★★

Sex ○○○ Violence ●○○ Language ○○○

Starring and co-written by Eddie Izzard, this classy thriller is set on the eve of World War Two. Izzard's an undercover British intelligence agent who's posing as a teacher at an elite finishing school in England attended by the daughters of Nazi officials (based on a real school in Bexhill-on-Sea). But, accused of murder, Izzard has to go on the run. 2020, 12, 99MIN

■ Full listings start on **p75**

Thursday 20 August

CLASSIC THRILLER

Heat

9pm, Film4 ★★★★★

Sex ●○○ Violence ●●○ Language ●●○

This epic crime drama is one of the best American thrillers of the 1990s. Writer-director Michael Mann's movie revolves around the complex relationship between Robert De Niro's crook, who wants to pull off one last heist and retire, and Al Pacino's burnt-out cop, who's determined to stop him. It is more a moody character piece than all-action thriller, but the bank robbery is a textbook exercise in screen suspense and their first meeting (in their real-life screen careers as well as in the story) bristles with tension. 1995, 15, 171MIN

Meeting table: Al and Robert

FANTASY

The Lord of the Rings: The Fellowship of the Ring

2pm, Sky Action ★★★★★

Sex ○○○ Violence ●○○ Language ○○○

Peter Jackson's fabulous first film of JRR Tolkien's novel sees hobbits Frodo (Elijah Wood) and Sam (Sean Astin) leave their idyllic Shire to destroy the ring that could doom the world. Ian McKellen's wizard Gandalf and heroes Viggo Mortensen and Orlando Bloom are on hand to help. The two sequels, *The Two Towers* and *The Return of the King*, follow at 5pm and 8pm. 2001, PG, 178MIN

CLASSIC EPIC

Cleopatra

4.15pm, Film4 ★★★★

Sex ○○○ Violence ○○○ Language ○○○

Elizabeth Taylor and Richard Burton are glamorous but underwhelming as Nile queen Cleopatra and her Roman lover Mark Antony, but Rex Harrison as Julius Caesar and Roddy McDowell as Octavian are outstanding. One of the most expensive films ever made, Joseph L Mankiewicz's famous, whopping epic still looks stunning with amazing sets that bring the big entry into Rome and the royal barge sequences to vivid life. 1963, PG, 243MIN

THRILLER

Basic Instinct

10.20pm, Sky Thriller ★★★★

Sex ●●● Violence ●●○ Language ●●○

Provocative Sharon Stone is the prime suspect in an ice-pick murder case because she's written a novel featuring an identical killing. Michael Douglas is the detective drawn to her, even though she tells him that her next book will be about a cop who falls for the 'wrong woman' and dies... A precision-tooled crowd-pleaser, the movie that made Stone a star is a stonking mix of passion, suspense and red herrings. 1992, 18, 128MIN

DRAMA

Tár

12.05am, BBC2 ★★★★

Sex ●○○ Violence ●○○ Language ●●○

Renowned conductor Lydia Tár (Cate Blanchett) preps for a performance of Mahler's *Fifth Symphony* in Berlin. Incendiary on stage, she's predatory and provocative off it. Can she stop herself from imploding? Blanchett is sensational in a film that asks pertinent questions about cancel culture, artistic integrity and gender, while providing a primer on classical music. 2022, 15, 158MIN

■ Full listings start on **p85**

Friday 21 August

THRILLER

Civil War

10.10pm, Sky Thriller ★★★★

Sex ○○○ Violence ●●● Language ●●●

In a future America in brutal conflict with itself, Cailee Spaeny's novice photographer and journalists Kirsten Dunst, Wagner Moura and Stephen McKinley Henderson head through perilous, militia-ruled terrain for an interview and photo with the despotic president (Nick Offerman) before his imminent violent overthrow. Writer-director Alex Garland's bleak film is something you endure as much as enjoy, but there's no debating the technical prowess and artistry he brings to a land turned on its axis. 2023, 15, 109MIN

Cover story: Cailee and Kirsten

ROMCOM

27 Dresses

10.40pm, BBC1 (not N Ireland) ★★★★

Sex ○○○ Violence ○○○ Language ●○○

Katherine Heigl is a delight as a serial bridesmaid who has a crush on her boss (Edward Burns). But when he falls for her sister (Malin Akerman), Heigl fears that she'll never be a bride. This charming and funny romcom really hits its stride when journalist James Marsden realises there's a good story – and possibly a Mrs Right – in the fact that Heigl has 27 bridesmaids' dresses in her wardrobe. 2008, 12, 111MIN

DRAMA

Silent Roar

11.05pm, BBC2 ★★★★

Sex ●●○ Violence ○○○ Language ●●○

A year since his father went missing at sea, teen surfer Louis McCartney is still struggling to come to terms with the loss. Will faith come to his aid? The local preacher (Mark Lockyer) certainly hopes so and attempts to lure him into the church, but McCartney's cynical bestie (Ella Lily Hyland) is not so convinced. Set on the Isle of Skye, this mixes magical realism with a simple coming-of-age story to wonderful effect, helped by two terrific leads. 2023, 15, 90MIN

CRIME COMEDY

Sumotherhood

12.10am, C4 ★★★

Sex ●○○ Violence ●●○ Language ●●○

Adam Deacon (also co-writer and director) and Jazzie Zonzolo play hapless London besties trying to make a name for themselves as wideboy criminals. This involves a bank robbery that goes horribly (and hilariously) wrong in a movie that is messy, but also has many endearing qualities, including a host of big-name cameos from the likes of Ed Sheeran, Jennifer Saunders, Denise Van Outen – and Jeremy Corbyn. 2023, 15, 97MIN

CLASSIC HORROR

Eyes Without a Face

12.50am, Talking Pictures ★★★★★

Sex ○○○ Violence ●●○ Language ○○○

A demented surgeon (Pierre Brasseur) abducts women to graft their skin onto the face of his disfigured daughter. Director Georges Franju's celebrated French shocker exerts a fascination even now with its combination of grisly horror and surreal visual poetry. The final scene has a haunting beauty that lingers long in the mind. Subtitled. 1959, 15, 90MIN

■ Full listings start on **p95**

Sport week

Your ultima[illegible] the best of [illegible] week's live action

Martin Ødegaard lifts the Premier League trophy as Arsenal celebrate

Premier League

THE MAIN EVENT

Title holders Arsenal kick off the new season

LIVE FOOTBALL

Arsenal v Coventry City

Fri, kick-off 8pm, Sky Sports Premier League & Sky Sports Main Event

This week sees the start of the new Premier League season, as champions Arsenal begin the defence of their title on Friday night against newly promoted Coventry City at the Emirates.

Frank Lampard's side are back in the top flight for the first time in 25 years after winning the Championship, and are joined by Ipswich Town, who spent just one season in tier two, and play-off winners Hull City, returning after nine years.

It's been a frantic close season, with nine of the 20 clubs starting their campaigns with new coaches, and several teams setting transfer records over the summer.

Here's our guide to the biggest changes…

Coventry's Kaine Kesler-Hayden

MANAGER MERRY-GO-ROUND

Former Chelsea boss Enzo Maresca faces the daunting prospect of succeeding Manchester City's Pep Guardiola, who left the Etihad in May, having won 17 major trophies in 10 seasons. No less challenging is the task facing Andoni Iraola, who's the new manager of Liverpool after three successful years at Bournemouth.

He's been replaced at Bournemouth by experienced Bundesliga coach Marco Rose, while Oliver Glasner is newly installed at Nottingham Forest after leading Crystal Palace to FA Cup and Conference League success, with French coach Pierre Sage taking over the hot seat at Selhurst Park.

At Chelsea, former Real Madrid boss Xabi Alonso has been handed a huge war chest as the Blues seek to improve on a disappointing 10th place last season. Gary O'Neil brings plenty of Premier League know-how to Ipswich Town, while Newcastle United have parted ways with Eddie Howe, and Álvaro Arbeloa, formerly interim coach at Real Madrid, replaces Marco Silva at Fulham.

Xabi Alonso takes charge at Chelsea

Liverpool's new manager Andoni Iraola

BIG-MONEY SIGNINGS

Premier League clubs have already spent more than £1 billion in the summer, with Chelsea, Manchester City and Tottenham Hotspur breaking their transfer records.

Morgan Rogers has arrived at Stamford Bridge from Aston Villa for £117 million – a record fee for an English player – with the Blues also bringing in French centre-back Maxence Lacroix (£52 million) from Crystal Palace, plus veterans Danny Welbeck and Jordan Henderson, and Argentina defender Valentín Barco.

Meanwhile, England star Elliot Anderson has switched to Manchester City from Nottingham Forest (£116 million), and Spurs have splashed out £100 million on Newcastle's Italian midfielder Sandro Tonali, along with £85 million for Portuguese midfielder Mateus Fernandes from West Ham.

Villa have brought in Swiss midfielder Johan Manzambi from Freiburg for £59 million, Brighton have signed Croatia defender Luka Vuškovic from Spurs for £46 million, and Brentford have paid an estimated £41 million for Malian midfielder Mamadou Sangaré from Lens.

Morgan Rogers joins Chelsea

Elliot Anderson signs for Manchester City

Georgia Hunter Bell

(From left) Gold medallists Dina Asher-Smith, Desiree Henry, Amy Hunt, Daryll Neita and Asha Philip

LIVE ATHLETICS

European Athletics Championships

Sat & Sun, BBC1, BBC iPlayer, TNT Sports 3 & HBO Max

The last medals are awarded as the track-and-field events come to an end at Birmingham's Alexander Stadium. Saturday's highlights include the final day of the heptathlon featuring Katarina Johnson-Thompson, the men's 1,500m including Portugal's world champion Isaac Nader, and the women's 4x100m when Dina Asher-Smith and her teammates will defend their title. On Sunday, local boy Ellis Cross will have plenty of support in the men's marathon, Swedish legend Armand Duplantis targets his fourth successive outdoor title in the men's pole vault, and Georgia Hunter Bell hopes to add to her gold-medal haul in the women's 1,500m before the event concludes with the traditional 4x400m relays.

Trent Rockets' Ben Duckett

LIVE CRICKET

The Hundred: Finals

Sunday, BBC2, Sky One & Sky Sports

As we went to press, Ben Duckett's Trent Rockets were in a good position to make Sunday's finals day, with Lord's staging the women's final at 2.15pm and the men's final at 6pm. Last year, Oval Invincibles (now MI London) won the men's title for a third consecutive year, while Northern Superchargers (now Sunrisers Leeds) claimed their maiden victory in the women's contest.

England's Joe Root

LIVE CRICKET

England v Pakistan: First Test

From Wednesday, Sky Sports Cricket & Sky Sports Main Event, play starts 11am

The controversial Bazball era is no more following Ben Stokes' resignation and the sacking of coach Brendon McCullum after the series defeat to New Zealand. This week, Joe Root starts his second stint as captain when England play Babar Azam's Pakistan at Headingley in the first of a three-Test series that also sees matches at Lord's and Edgbaston. Now aged 35, Root – the second-highest run scorer of all time in Test cricket – captained England between 2017 and 2022, leading his side to 27 wins in 65 Tests. Marcus Trescothick will be interim head coach for the series ahead of New Zealander Stephen Fleming's arrival later this year.

Great Britain's Abi Martin

LIVE GYMNASTICS

European Gymnastics Championships

Saturday & Friday, BBC2

The BBC is showing artistic gymnastics action from Zagreb, Croatia, including the final day of the women's competition on Saturday when triple Commonwealth medallist Abi Martin represents Britain in the vault and floor exercise. Friday's coverage of the men's competition sees former rings world champion Courtney Tulloch among the GB hopefuls.

Sport A-Z and football planner »»

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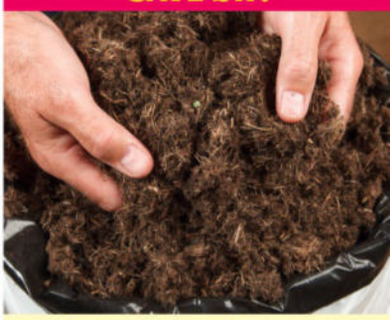

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE Houston Texans v Las Vegas Raiders
Thu 12.45am Sky Sports Action & Sky Sports Mix

ATHLETICS

LIVE European Championships
Sat 7.30am & 7.30pm, Sun 7.30am & 7pm TNT Sports 3; Sat 10am & 7.15pm, Sun 7.25am & 7.30pm BBC1
The sixth and seventh days at Alexander Stadium. See p29.

LIVE Diamond League: Lausanne
Fri 7pm BBC2
The Athletissima, the 12th meeting of the season at Stade Olympique de la Pontaise in Switzerland.

AUSTRALIAN RULES

LIVE Brisbane Lions v Gold Coast Suns
Sat 7am TNT Sports 2

LIVE Richmond Tigers v Collingwood Magpies
Sat 10am TNT Sports 2

LIVE Essendon Bombers v Brisbane Lions
Sat 3.30am TNT Sports 2

LIVE Adelaide Crows v Sydney Swans
Sat 5.30am TNT Sports 3

LIVE Western Bulldogs v Carlton
Sun 6am TNT Sports 1

LIVE St Kilda v Gold Coast Suns
Thu 10.15am TNT Sports 3

LIVE Collingwood v Brisbane Lions
Fri 10.30am TNT Sports 2

LIVE Carlton v Fremantle
Fri 4am TNT Sports 1

LIVE Geelong v St Kilda
Fri 5am TNT Sports 4 & TNT Sports 3

BASEBALL

LIVE Chicago Cubs v St Louis Cardinals
Sat 7.15pm TNT Sports 1
The MLB National League match.

LIVE Los Angeles Dodgers v Milwaukee Brewers
Sat 12.15am TNT Sports 2
The MLB National League game.

LIVE Atlanta Braves v Arizona Diamondbacks
Sun 6.30pm TNT Sports 2
The MLB National League fixture.

Motorsport
Britain's Jake Dennis leads the Formula E standings going into the final weekend in London

LIVE Los Angeles Dodgers v Milwaukee Brewers
Sun 9pm TNT Sports 1
The MLB National League match.

LIVE Houston Astros v Seattle Mariners
Sun 12.15am TNT Sports 1
The MLB American League game.

LIVE Cincinnati Reds v St Louis Cardinals
Mon 6.30pm TNT Sports 1
The MLB National League fixture.

LIVE Chicago Cubs v Chicago White Sox
Tue 1am TNT Sports 1
The MLB inter-league match.

LIVE Chicago Cubs v Chicago White Sox
Wed 7.15pm TNT Sports 3
The MLB inter-league game.

LIVE Tampa Bay Rays v Toronto Blue Jays
Thu 6pm TNT Sports 1
The MLB American League fixture.

LIVE Baltimore Orioles v New York Yankees
Thu 11.30pm TNT Sports 1
The MLB American League match.

LIVE Milwaukee Brewers v Atlanta Braves
Fri 9pm TNT Sports 1
MLB National League game.

BASKETBALL

LIVE Golden State Valkyries v Dallas Wings
Mon 3am Sky Sports Action
The WNBA match staged at Chase Center.

LIVE Golden State Valkyries v Minnesota Lynx
Wed 3am Sky Sports Action
The WNBA fixture from Chase Center.

COMBAT SPORTS

LIVE UFC 330
Sat 12m't TNT Sports 1

LIVE Islam Makhachev v Ian Machado Garry
Sat 2am TNT Sports 1
The welterweight title bout.

CRICKET

LIVE Jamaica Kingsmen v Trinbago Knight Riders
Sat 12.30am TNT Sports 3

LIVE Sri Lanka v India
Sat 5.15am TNT Sports 4; Sun & Mon 5.15am TNT Sports 1; Tue 5.15am TNT Sports 2
Days two to five of the first Test.

LIVE The Hundred
Sun 2pm BBC2, Sky Sports Cricket, Sky Sports Mix & Sky One (play starts 2.15pm) The women's final at Lord's in London. See p29.

LIVE The Hundred
Sun 5.30pm Sky Sports Cricket, Sky Sports Mix & Sky One, 6pm Sky Sports Main Event & BBC2 (play starts 6pm) The men's final staged at Lord's in London. See p29.

LIVE Saint Lucia Kings v Barbados Tridents
Sun 11.30pm TNT Sports 2

LIVE Jamaica Kingsmen v St Kitts & Nevis Patriots
Tue 12.30am TNT Sports 2

LIVE England v Pakistan
Wed 10am, Thu 10.15am & Fri 10.30am Sky Sports Main Event; Wed 10am, Thu & Fri 10.15am Sky Sports Cricket
Days one to three of the first Test from Headingley in Leeds. See p29.

LIVE Saint Lucia Kings v Guyana Amazon Warriors
Wed 11.30pm TNT Sports 1

LIVE Antigua & Barbuda Falcons v St Kitts & Nevis Patriots
Thu 11.30pm TNT Sports 2

LIVE Saint Lucia Kings v Jamaica Kingsmen
Fri 11.30pm TNT Sports 3 & 12m't TNT Sports 1

CYCLING

LIVE Arctic Race of Norway
Sat 1.30pm & 4pm TNT Sports 3; Sun 4pm TNT Sports 2

LIVE Tour of Czechia
Sat 2.30pm TNT Sports 3; Sun 12noon TNT Sports 1

LIVE Tour of Limousin
Tue 1.30pm TNT Sports 1; Wed-Fri 1.30pm TNT Sports 4

LIVE Tour of Britain
Wed 10.45am, Thu 12.15pm & Fri 11.30am TNT Sports 1
Stages one to three of the race.

LIVE Renewi Tour
Wed 2.30pm TNT Sports 2; Wed 3.45pm & Thu 2.45pm TNT Sports 1; Thu 2.30pm & Fri 2.15pm TNT Sports 3

LIVE Deutschland Tour
Wed 3.30pm TNT Sports 3; Thu 1pm & Fri 2pm TNT Sports 2

LIVE UCI Mountain Bike World Series
Fri 3.30pm TNT Sports 1

DARTS

LIVE World Series of New Zealand Masters
Sat 8am ITV4
The second day from Spark Arena.

LIVE World Series of Australian Masters
Fri 10am ITV4
The first day from Wollongong.

GOLF

LIVE Danish Championship
Sat 11.30am & Sun 11am Sky Sports Golf
Days three and four at Great Northern in Kerteminde, Funen.

LIVE Swiss Ladies Open
Sat 1pm Sky Sports Mix
The third day staged at Golfpark Holzhäusern in Zug.

LIVE St Jude Championship
Sat & Sun 4pm Sky Sports Golf; Sat 8pm & Sun 9.30pm Sky Sports Main Event
Days three and four held at TPC Southwind in Memphis, Tennessee.

LIVE Portland Classic
Sat 8pm Sky Sports Mix
Day three at Columbia Edgewater Country Club in Portland, Oregon.

LIVE Nexo Championship
Thu & Fri 12.30pm Sky Sports Golf
The first and second days from Trump International Golf Links.

LIVE BMW Championship
Thu 3.15pm & Fri 5pm Sky Sports+& 5.30pm Sky Sports Golf; Thu 10.30pm & Fri 11pm Sky Sports Main Event
Days one and two held at Bellerive Country Club in St Louis, Missouri.

LIVE LIV Golf
Thu 5.30pm & Fri 4.30pm TNT Sports 2
The first and second rounds at The Club at Chatham Hills in Indiana.

LIVE CPKC Women's Open
Thu & Fri 11pm Sky Sports+ & 12m't Sky Sports Golf
Days one and two from Royal Mayfair Golf Club in Alberta.

GYMNASTICS

LIVE European Championships
Sat 1.30pm BBC2
The third day of the women's event held at Arena Zagreb. See p29.

LIVE European Championships
Fri 5pm BBC2
The third day of the men's event held at Arena Zagreb. See p29.

HORSE RACING

LIVE Newbury
Sat 1.15pm ITV1

LIVE Sky Bet Sunday Series
Sun 3.30pm ITV4

LIVE York
Wed-Fri 1.30pm ITV1
Days one to three of the Ebor Meeting.

MOTORCYCLING

LIVE British Superbikes
Sat 1pm TNT Sports 2; Sun 1pm TNT Sports 3
Round seven from Thruxton Circuit.

LIVE Swedish Speedway
Tue 5.55pm Premier Sports 1

MOTORSPORT

LIVE Formula E
Sat 10.30am TNT Sports 1; Sun 10.30am TNT Sports 3
London ePrix qualifying sessions.

LIVE Formula E
Sat & Sun 2pm TNT Sports 4; Sat 2pm ITV4
The London ePrix races one and two staged at ExCeL London Circuit.

LIVE Indycar
Sat 3pm & 7.25pm, Sun 1.30pm & 5pm Sky Sports F1

LIVE NASCAR
Sat 11.30pm Premier Sports 2

LIVE European Rally Championship
Sun 9am TNT Sports 1
The Barum Czech Rally Zlín.

LIVE British GT Championship
Sun 11.20am Sky Sports F1
Race one at Snetterton Circuit.

LIVE Formula 1
Fri 11am & 3pm Sky Sports+ & Sky Sports F1
The Dutch Grand Prix practice and sprint qualifying sessions ahead of the 12th round at Circuit Zandvoort.

LIVE F1 Academy
Fri 12.55pm Sky Sports+ & Sky Sports F1
The Dutch Grand Prix preparations.

LIVE V8 Supercars
Fri 3.45am TNT Sports 4

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 2
Group B matches in the Super 8's.

RUGBY LEAGUE

LIVE Parramatta Eels v Canterbury-Bankstown Bulldogs
Sat 6.15am Sky Sports Mix (kick-off 6.15am) The NRLW match at CommBank Stadium, Sydney.

LIVE Brisbane Broncos v Sydney Roosters
Sat 8.15am Sky Sports Mix (kick-off 8.15am) The NRLW game staged at Suncorp Stadium.

LIVE Parramatta Eels v North Queensland Cowboys
Sat 8.30am Sky Sports Action & Sky Sports+ (kick-off 8.30am)
The NRL match from Sydney.

LIVE Brisbane Broncos v New Zealand Warriors
Sat 10.35am Sky Sports Action (kick-off10.35am) The NRL fixture at Suncorp Stadium in Brisbane.

Sport A-Z and football planner >>>

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A. Baker B. Footballer C. Editor

SCAN TO ENTER!

TERMS AND CONDITIONS: 1. The closing date is 1 September 2026. 2. Open to UK residents only and only one entry per person. 3. Entrants under 18 require parent/guardian permission. 4. One winner will receive: a £100 Amazon voucher, and be invited to nominate a UK primary school to receive 250 children's magazines (worth approximately £1,500) and £1,000 cash donation to the school library, and 19 runners-up will receive: a £100 Amazon voucher and be invited to nominate a UK primary school to receive 250 children's magazines. 5. The magazines will all be suitable for children aged between 5 and 12 years old, and could include the following titles: Bluey, Girl Talk, LEGO® NINJAGO®, Match of the Day, MEGA!, Numberblocks, The Week Junior, The Week Junior Science+Nature and more. Each school nominated by a winner will receive a variety of current titles and the exact number of copies of each title may vary. 6. The magazines will be sent to the nominated schools in the week commencing 12th October 2026, to celebrate National Magazine Day on 14th October 2026. 7. For full terms and conditions, see online entry form.

Football planner

LIVE Wakefield Trinity v St Helens
Sat 5pm Sky Sports Action & Sky Sports+ (kick-off 5.30pm) The Super League match staged at DIY Kitchens Stadium.

LIVE Newcastle Knights v Canberra Raiders
Sat 2.50am Sky Sports Mix (kick-off 2.50am) The NRLW game.

LIVE Wests Tigers v New Zealand Warriors
Sat 4.45am Sky Sports Mix (kick-off 4.45am) The NRLW game at CommBank Stadium in Sydney.

LIVE North Queensland Cowboys v Cronulla-Sutherland Sharks
Sun 9.15am Sky Sports Mix (kick-off 9.15am) The NRLW game at Queensland Country Bank Stadium.

LIVE Hull Kingston Rovers v Warrington Wolves
Tue 7.30pm Sky Sports Main Event & Sky Sports Action (kick-off 8pm) Super League match at Craven Park Stadium.

LIVE Melbourne Storm v Penrith Panthers
Thu 10.50am Sky Sports Action & Sky Sports+ (kick-off10.50am) The NRL match from AAMI Park.

LIVE Wigan Warriors v Wakefield Trinity
Fri 7.30pm Sky Sports Action & Sky Sports+ (kick-off 8pm) The Super League match staged at Brick Community Stadium.

LIVE Newcastle Knights v Wests Tigers
Fri 3.45am Sky Sports Mix (kick-off 3.45am) The NRLW match held at McDonald Jones Stadium.

RUGBY UNION

LIVE Australia v Japan
Sat 6.05am Sky Sports Main Event & Sky Sports Action (kick-off 6.15am) The international game at North Queensland Stadium.

LIVE Bulls v New Zealand
Sat 5.45pm Sky Sports Mix (kick-off 6pm) The tour match at Loftus Versfeld Stadium in Pretoria.

SNOOKER

LIVE Chinese Open
Sat 7am & 12.30pm TNT Sports 1 The semi-finals held at Riverside Sports Centre in Taiyuan.

LIVE Chinese Open
Sun 7am TNT Sports 2 The first session of the final at Riverside Sports Centre in Taiyuan.

LIVE Chinese Open
Sun 12.30pm TNT Sports 2 The second session of the final at Riverside Sports Centre in Taiyuan.

TENNIS

LIVE Cincinnati Open
Sat-Tue & Thu 4pm, Wed 3.30pm, Fri 4pm & 12m't Sky Sports Tennis; Sat 7.45pm, Sun-Tue 4pm & Wed 3.30pm Sky Sports+; Sat & Sun 11pm, Mon 4pm & 10.30pm, Tue 4pm & 10.15pm, Wed 7pm, Thu & Fri 12m't Sky Sports Main Event Days three to nine in Mason, Ohio.

TRIATHLON

LIVE T100 World Tour
Sat 7pm TNT Sports 2

LIVE LEAGUE ONE

Notts County v Leicester City

Sat, k-o 12noon, Sky Sports Main Event & Sky Sports Football

As the new League One season begins, Leicester City have dropped into the third tier for only the second time in their history. New boss Russell Martin has signed striker Conor Chaplin as he reshapes the Foxes' squad.

LIVE COMMUNITY SHIELD

Arsenal v Manchester City

Sunday, kick-off 3pm, TNT Sports 1 & HBO Max

The curtain-raiser features champions Arsenal against FA Cup winners Manchester City at Cardiff's Millennium Stadium. The sides met in the 2023 showpiece when Bukayo Saka helped the Gunners to victory via a penalty shootout.

LIVE LA LIGA

Racing v Villarreal

Sunday, kick-off 4pm, Premier Sports 2

The new La Liga season kicks off this week with live matches including Villarreal's trip to promoted Racing Santander. The Yellow Submarine, feauring Ivory Coast striker Nicolas Pépé, finished third last season behind Barcelona and champions Real Madrid.

Saturday 15

LIVE Notts County v Leicester City
11.30am Sky Sports Main Event & Sky Sports Football (kick-off 12noon) The League One match at Meadow Lane. It has been a turbulent few years for Leicester, who have endured financial difficulties and been relegated in each of the last two seasons, while the Magpies were playing non-league football three seasons ago, but have been promoted twice since then to reach the third tier for the first time since 2014/15.

LIVE Bolton Wanderers v Preston North End
11.30am Sky Sports+ (kick-off 12.30pm)
The Championship fixture staged at Toughsheet Community Stadium. Preston won 2-1 when the sides last met here in 2018/19 season, and have won three successive matches when visiting this stadium.

LIVE York City v Bristol Rovers
2.45pm Sky Sports Football (kick-off 3pm) Both teams' first League Two match of the season at LNER Community Stadium. York won the National League last term to secure a place in the Football League for the first time since they were relegated in 2015/16.

LIVE Middlesbrough v Lincoln City
2.45pm Sky Sports+ (kick-off 3pm) The Championship match held at Riverside Stadium, as these teams face each other for the first time since the 1960/61 season.

LIVE Dundee United v Celtic
5pm Premier Sports 1 (kick-off 5.45pm) The Premier Sports Cup second-round match at The CalForth Construction Arena.

LIVE Sheffield United v Birmingham City
5.15pm Sky Sports Main Event & Sky Sports Football (kick-off 5.30pm) Both teams' first match of the Championship season at Bramall Lane. United claimed a 3-0 win in last season's corresponding fixture thanks to goals by Tyler Bindon, Gustavo Hamer and Patrick Bamford.

LIVE Udinese v Padova
5.25pm Premier Sports 2 (kick-off 5.30pm)
The Coppa Italia first-round match staged at Bluenergy Stadium.

LIVE Venezia v Modena
7.40pm Premier Sports 2 (kick-off 7.45pm)
The Coppa Italia first-round match held at Stadio Pier Luigi Penzo.

Sunday 16

LIVE Watford v Southampton
12.30pm Sky Sports Main Event & Sky Sports Football (kick-off 1.30pm)
The match from the opening weekend of the Championship staged at Vicarage Road. The teams shared the spoils in a 2-2 draw here last term, with Nestory Irankunda's 81st-minute strike salvaging a point for the Hornets.

LIVE Arsenal v Manchester City
2pm TNT Sports 1 (kick-off 3pm)
The FA Community Shield staged at Principality Stadium in Cardiff. The Gunners come into this match as the Premier League champions, while this is City's opening first-class game with their new manager, Enzo Maresca.

LIVE Rangers v St Mirren
3.30pm Premier Sports 1 (kick-off 4pm) The Premier Sports Cup second-round game at Ibrox.

LIVE Burnley v West Ham United
3.45pm Sky Sports Main Event & Sky Sports Football (kick-off 4pm)
Both teams' first Championship match of the season at Turf Moor. The two teams are looking to make an immediate return to the Premier League after relegation last term. Burnley are more familiar with the division, having played in it as recently as two seasons ago, while the Hammers were last in the second tier in the 2011/12 season.

LIVE Racing v Villarreal
3.55pm Premier Sports 2 (kick-off 4pm) The LaLiga match staged at Estadio El Sardinero.

LIVE Glasgow City v Celtic
4pm BBC Alba (kick-off 4.10pm)
The Scottish Women's Premier League game at Petershill Stadium.

LIVE Espanyol v Levante
5.55pm Premier Sports 2 (kick-off 6pm)
The LaLiga game at RCDE Stadium.

LIVE Women's Africa Cup of Nations
7.30pm E4 (kick-off 8pm)
The final held in Rabat, Morocco, at either Moulay El Hassan Stadium or Prince Moulay Abdellah Stadium.

LIVE Celta Vigo v Osasuna
8.25pm Premier Sports 1 (kick-off 8.30pm) The LaLiga game at Estadio Abanca-Balaídos.

LIVE Fluminense v Palmeiras
8.25pm Premier Sports 2 (kick-off 8.30pm)
The Brasileiro Serie A match staged at Maracana Stadium.

LIVE Mirassol v Flamengo
10.25pm Premier Sports 1 (kick-off 10.30pm)
The Brasileiro Serie A game staged at José Maria de Campos Maia.

LIVE Angel City FC v Washington Spirit
2am TNT Sports 3 (kick-off 2am)
The NWSL game at BMO Stadium.

Monday 17

LIVE Pisa v Empoli
4.55pm Premier Sports 1 (kick-off 5pm) The Coppa Italia first-round game at Cetilar Arena.

LIVE Cardiff City v Wrexham
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship match at Cardiff City Stadium. This is the first league meeting between the Welsh rivals since both teams were in the third tier in the 2001/02 campaign. More recently, the sides faced each other in the fourth round of the EFL Cup last term, when Cardiff won 2-1.

LIVE Deportivo La Coruna v Elche
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga match from Estadio Abanca-Riazor.

LIVE Palermo v Lecce
8.10pm Premier Sports 2 (kick-off 8.15pm)
The Coppa Italia first-round game held at Stadio Renzo Barbera.

Tuesday 18

LIVE Champions League
7.45pm TNT Sports 1
A play-off round first-leg game, as the teams look to gain an advantage ahead of their second-leg fixture next week.

LIVE Champions League
7.45pm TNT Sports 2
A play-off round first-leg match.

Wednesday 19

LIVE Champions League
7.30pm TNT Sports 1
A play-off round first-leg fixture, as the teams look to gain an advantage ahead of their second-leg match next week.

LIVE Champions League
7.45pm TNT Sports 2
A play-off round first-leg match.

LIVE Champions League
7.45pm TNT Sports 4
A play-off round first-leg game.

LIVE Champions League
7.55pm TNT Sports 5 & HBO Max
A play-off round first-leg game.

LIVE Atlético Madrid v Malaga
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga match from Riyadh Air Metropolitano.

Thursday 20

LIVE Sheffield Wednesday v Bradford City
7.30pm Sky Sports Main Event, Sky Sports Football, Sky One & Sky Mix (kick-off 8pm)
The League One match staged at Hillsborough, as the Yorkshire rivals meet for the first time since Bradford's 3-1 home win in the 2022/23 EFL Trophy. Both teams endured disappointment last term, with Wednesday finishing bottom of the Championship and the Bantams losing to Bolton Wanderers in the semi-finals of the play-offs.

LIVE Rayo Vallecano v Alaves
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga fixture at Campo de Fútbol de Vallecas.

Friday 21

LIVE Arsenal v Coventry City
6.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
The opening match of the Premier League season held at Emirates Stadium. The Gunners are the reigning champions having won their first league title since the 2003/04 term. Coventry also enjoyed a memorable campaign, topping the Championship to secure top-flight football for the first time since they were relegated in the 2000/01 season. See p28.

LIVE Inverness Caledonian Thistle v Partick Thistle
7.25pm BBC Scotland (kick-off 7.30pm)
The Scottish Championship match staged at Sarens PSG Stadium.

LIVE Real Betis v Real Sociedad
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga match staged at Estadio La Cartuja.

LIVE San Diego Wave FC v Utah Royals FC
3am TNT Sports 2 (kick-off 3am)
The National Women's Soccer League match staged at Snapdragon Stadium.

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Saturday

15 August

Planner

Kabul

DRAMA BBC4, 9pm & 9.55pm (box set, iPlayer)

Six-part drama set against the backdrop of the events in Afghanistan in August 2021, when US troops withdrew, the Taliban entered the city and civilians tried to keep their families safe.

Ghosts US

COMEDY BBC3, 8.40pm (box set, BBC iPlayer)

The American version of the hit comedy returns for a fifth series with more sprited chaos at Woodstone Manor. Sam and the ghosts try to save Jay's soul after his deal with the Devil, while romance is in the air for Alberta and Pete.

Concorde Crash: Days That Shook the World

DOCUMENTARY C4,10pm

Looking at the rise of the supersonic aircraft from its first flight in January 1976, to the tragic day in Paris on 25 July 2000, when a crash shortly after take-off killed all 109 people on board and four on the ground.

Celebrating Graceland at the Proms

MUSIC BBC2, 7.30pm

Clive Myrie presents this special concert celebrating the 40th anniversary of Paul Simon's ground-breaking album, featuring Simon's original collaborators, Ladysmith Black Mambazo.

Saturday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.15 Athletics: European Championships – Live: Coverage of the evening session on day six						10.00 News	10.20 Film: Mission...
	102 BBC2		7.30 Celebrating Graceland at the Proms		8.30 TOTP: Big Hits 2003		9.30 TOTP: The Story of 2003		10.30 Beyoncé at...
	103 ITV1	7.00 Deal or No Deal: Celebrity Special		8.00 Film: Skyfall					10.40 News
	104 CHANNEL 4	7.00 Sandi Toksvig's Hidden Wonders		8.00 Bettany Hughes' Lost Worlds: Dawn...		9.00 Dictator: The Hitler Interviews		10.00 Concorde Crash: Days that Shocked...	
	105 5	7.00 Sussex: Jewel of the South Coast		8.00 Princess Anne: Royal Rule Breaker			9.30 Royal Heirs and Spares: Rivalry & Resentment		
	106 SKY ONE	7.00 Secret World of Sound with David...		8.00 Rob & Romesh vs K-Pop		9.00 Film: Bridesmaids			
ENTERTAINMENT	115 BBC3	7.00 Doctor Who			8.40 Ghosts US			10.00 Mrs Brown's Boys	
	116 BBC4		7.05 Life on Earth	8.00 Voyages of Discovery		9.00 Kabul			
	118 ITV2	‹ 6.45 Film: Miss Congeniality 2: Armed and Fabulous				9.00 Film: The Batman			
	136 MORE4	‹ 6.55 Four in a Bed		8.00 Griff's Canadian Adventure		9.00 24 Hours in A&E			
	135 E4	‹ 6.35 Film: Oblivion				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 Fire Country	
	108 SKY ATLANTIC	‹ 6.30 House of the Dragon				9.00 Possession			
	110 U&GOLD	‹ 6.40 Red Dwarf		8.00 Joe & David's Magical Sitcom Tour		9.00 The Office		10.20 The Fast Show	
	111 U&DAVE	7.00 Gavin & Stacey				9.00 I'm Alan Partridge			
	119 ITV3	‹ 6.20 Midsomer Murders						10.15 Vera	
	120 ITV4	7.00 The Motorbike Show				9.00 English Football League Highlights			10.30 Wrestling...
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: True Lies			
	145 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 Stargate Universe			
	143 U&DRAMA	7.00 The Brokenwood Mysteries				9.00 Wallander			
	109 U&ALIBI	7.00 Death in Paradise		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	122 SKY ARTS	7.00 Classic Albums		8.00 The Genesis Songbook			9.15 John & Yoko: Above Us Only Sky		
	132 U&W	7.00 Ambulance Australia				9.00 Gavin & Stacey			
DOCUMENTARY	125 DISCOVERY	7.00 Ant Anstead Master Mechanic		8.00 Maine Cabin Masters		9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People: Bushcraft...		10.00 Tanked	
	129 NAT GEO	7.00 Destruction Decoded		8.00 Car S.O.S.					
	123 SKY HISTORY	7.00 Britain's Most Historic Towns				9.00 Hell on Earth: WWII			
	155 U&YESTERDAY	7.00 Bangers & Cash: Restoring Classics				9.00 Bangers & Cash		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 Rik Mayall: Magnificent B'stard				9.00 God Bless Ozzy Osbourne			

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 LIVE **Athletics: European Championships** Coverage of the opening session on day six from Alexander Stadium in Birmingham. *Continues at 7.15pm on BBC1.* (S)
1.30 PM **BBC News** (S)
1.45 **Bargain Hunt** (S)(R)(AD)
2.30 FILM **Chicken Run** Animated comedy adventure with the voices of Mel Gibson and Julia Sawalha. (S)(AD) (2000, U, 80min) ★★★★
3.50 **Escape to the Country** (S)(R)
4.35 **Garden Rescue** Charlie Dimmock and Chris Hull transform a garden in Penarth, Glamorgan. (S)(R)
5.20 **BBC News** (S)
5.30 **Local News** (S)
5.45 **The Hit List** New edition 4/9. Best friends, a married couple and a father and son-in-law take part. (S)

6.30 Alan Carr's Picture Slam

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.05 AM **Children's Programmes**
8.30 **Gardeners' World** (S)(R)
9.30 **Beechgrove Garden** New edition Viewers' questions. (S)
10.00 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.30 **Anna Haugh's Big Irish Food Tour** With Liz Bonnin. (S)(R)
12.00 NOON **Lorraine Pascale: How to Be a Better Cook** (S)(R)(AD)
12.30 PM **Homes Under the Hammer** Properties are appraised in London and Co Durham. (S)(R)
1.30 LIVE **Gymnastics: European Championships** The third and penultimate day of the women's event at Arena Zagreb, Croatia. (S)
5.30 FILM **Superman III** Fantasy adventure sequel with Christopher Reeve and Richard Pryor. (S) (1983, PG, 120min) ★★★

9.30 TOTP: The Story of 2003

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's French Adventure** Paris. (S)(R)(AD)
6.30 **James Martin's American Adventure** Fort Worth. (S)(R)(AD)
7.30 **Love Your Weekend with Alan Titchmarsh** With Sarah Parish. (R)
9.25 **ITV News** (S)
9.30 **Racing: The Opening Show** (S)
10.30 **James Martin's Saturday Morning** With Josie Gibson. (S)(R)
1.00 PM **ITV News** (S)
1.15 LIVE **Racing** Oli Bell presents coverage from Newbury, Newmarket and Ripon. (S)
4.00 FILM **Moonraker** James Bond adventure starring Roger Moore. Agent 007 investigates the disappearance of a space shuttle and encounters a megalomaniac bent on world domination. (S)(AD) (1979, PG, 150min) ★★

7.00 Deal or No Deal

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.05 AM **Cheers** 18–21/22. (S1) (S)(R)
7.55 **Everybody Loves Raymond** (S)(R)
9.55 **Frasier** 21–23/24. (S5) (S)(R)(AD)
11.25 **The Simpsons** (S)(R)(AD)
1.55 PM **Four in a Bed** The contest starts at The Earlsdale in Devon. (S)(R)
2.25 The rivals visit The Kings Arms in Bude, Cornwall. (S)(R)
2.55 The third visit is to the East Creek B&B in Dorset. (S)(R)
3.25 The final visit is to the Railway Ramblers' Rest in Devon. (S)(R)
3.55 Payment day arrives. (S)(R)
4.30 **George Clarke's Amazing Spaces** A family of Hollywood set designers create a dystopian-themed glamping site. (S)(R)(AD)
5.30 **Grand Designs** Holistic therapist Kara and electrician Jonny build a home made out of stone and zinc in West Yorkshire (S)(R)(AD)

8.00 Bettany Hughes' Lost Worlds

6 PM

6.30 Alan Carr's Picture Slam New edition 5/9. Alan Carr hosts as pairs of contestants from Stoke-on-Trent, London and Leeds attempt to identify a board full of images for the chance to win up to £10,000. (S)

FILM Superman III (film started at 5.30pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

6.30 ITV News (S)
6.45 Local News (S)

6.30 News (S)

7 PM

7.15 LIVE Athletics: European Championships Gabby Logan introduces coverage of the evening session on day six from the Alexander Stadium in Birmingham, including the men's and women's 4x100m finals, the conclusion of the heptathlon with the 800m, and the men's 1500m final. A busy evening also sees medals awarded in the women's high jump and 400m, and the men's javelin, triple jump and 10,000m. With analysis from Jessica Ennis-Hill, Jenny Meadows and Greg Rutherford, and commentary by Steve Cram, Steve Backley, Andrew Cotter, Colin Jackson and Paula Radcliffe. (S)

7.30 NEW Celebrating Graceland at the Proms A concert at London's Royal Albert Hall marking the 40th anniversary of Paul Simon's groundbreaking album, with Ladysmith Black Mambazo, the Nu Civilisation Orchestra, James Bay and Laura Mvula. (S)

8.30 NEW TOTP: Big Hits 2003 Featuring appearances by Beyoncé, Sugababes, Coldplay, Outkast, Girls Aloud, The Flaming Lips, Panjabi MC, The Darkness, Mis-Teeq, Madonna, Busted and Gary Jules & Michael Andrews. (S)

9.30 NEW TOTP: The Story of 2003 Mel Giedroyc narrates a musical review of the year, with contributions from Busted, Panjabi MC, The Libertines, Justin Hawkins, Kimberley Walsh and Dick Valentine. (S)

10.30 Beyoncé at the BBC Featuring a selection of the singer's appearances on BBC programmes. (S)(R)

11.00 Sugababes at Glastonbury The pop trio's 2024 performance on the West Holts stage. (S)(R)
11.40 FILM The Graduate Comedy drama starring Dustin Hoffman as an aimless college graduate who is drawn into an affair with a middle-aged woman. With Anne Bancroft. (S)(AD) (1967, 12, 105min) ★★★★★
1.25 AM **Sign Zone: Who Do You Think You Are?** (S)(R)(AD)
2.25 **to 6.25** AM **Previews** (S)

7.00 Deal or No Deal: Celebrity Special New edition Stephen Mulhern hosts as comedian Joe Lycett takes on the infamous Banker for the chance to win a cash prize for charity. (S)(AD)

8.00 FILM Skyfall James Bond thriller starring Daniel Craig, Judi Dench and Javier Bardem. Accidentally shot by a fellow agent, 007 is missing presumed dead, but when M and MI6 come under attack, Bond reappears. But his boss is soon questioning whether her ageing and disillusioned top agent is still fit for purpose, especially when Bond's globe-trotting mission leads him to megalomaniac criminal mastermind Silva, who has a personal vendetta against M. With Ralph Fiennes and Naomie Harris. (S)(AD) (2012, 12, 160min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.40 ITV News (S)

11.00 The Staircase New episode 5/8. Michael and his family struggle with the court's decision. (S1) (S)(AD)
■ Entire series on ITVX
12.10 AM **English Football League Highlights** Recent action. (S)(R)
1.30 Teleshopping
3.00 Cold Case Forensics: In the Blood Documentary. (S)(SL)(R)(AD)
3.50 Unwind with ITV (S)
5.05 **to 6.00** AM **Fern Britton: Inside the Vet's** (S)(SL)(R)(AD)

8.00 Bettany Hughes' Lost Worlds: Dawn of Civilisations Series finale 2/2. Bettany travels to Gordion, home of King Midas, and visits the Neolithic sites of Karahantepe and Göbeklitepe. (S)(AD)

9.00 Dictator: The Hitler Interviews Series finale 3/3. People who knew Hitler recall how he led Germany to defeat and disaster in World War Two. (S)(AD)

10 PM

10.00 BBC News (S)
10.20 FILM Mission: Impossible Brian De Palma's action thriller based on the cult 1960s TV series, starring Tom Cruise, Jon Voight and Emmanuelle Béart. Undercover agent Ethan Hunt devises a risky plan to expose the traitor who betrayed him and his colleagues. With Jean Reno and Ving Rhames. (S)(AD) (1996, PG, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.05 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.10 **to 6.00** AM **BBC News** (S)

10.00 NEW Concorde Crash: Days That Shocked the World In July 2000, a Concorde crashed a minute after taking off from Paris. Investigators describe how the evidence led them to a simple but shocking conclusion. (S)(AD)

11.00 FILM The Unbearable Weight of Massive Talent Action comedy. (S)(AD) (2022, 15, 120min) ★★★★
1.00 AM **FILM Monos** Colombian drama. Partially subtitled. (S) (2019, 15, 105min) ★★★★★
2.45 Ramsay's Hotel Hell (S)(SL)(R)
3.35 Location, Location, Location (R)
4.30 Kirstie's House of Craft (S)(R)
4.40 **to 5.50** AM **The Simpsons** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.05 **Entertainment News** (S)
9.20 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
9.50 **Secrets of the Royal Palaces** Palace retreats. (S)(R)
10.45 **Yorkshire's Poshest Hotel: Grantley Hall** Double bill. (S)(R)
12.40 PM **The Royals: Uncensored** Series finale Debate and insider analysis on the Royal Family. (S)
1.40 **Coastal Adventures with Helen, Jules & JB** (S)(R)(AD)
3.35 **The Yorkshire Vet: A Decade in the Moors & Dales** (S)(R)
5.00 **Ken Dodd: 60 Years of Laughter** A celebration of the comedian, who was embraced by the emerging TV age, while keeping alive the old-school comedy of the music hall. (S)(R)

7.00 Sussex: Jewel of the South...

6.55 **News** (S)

7.00 **Sussex: Jewel of the South Coast** New edition 4/5. Following expert craftsmen as they restore the Prince Regent's 200-year-old piano at Brighton's Royal Pavilion. (S)

8.00 **Princess Anne: Royal Rule Breaker** Profile of the Princess Royal, hearing from those who worked for her and witnessed her special work ethic up close. Historians analyse Anne's early years and how an independent childhood may have formed her no-nonsense attitude. (S)(R)

9.30 **Royal Heirs and Spares: Rivalry & Resentment** Documentary exploring the relationships between royal heirs and their siblings, tracing the evolving dynamic between those born into unequal destinies. (S)(R)

11.05 **When Live TV Goes Horribly Wrong** A rundown of some memorable mishaps. (S)(R)
1.00 AM **Teleshopping** (S)
2.00 **GPs: Behind Closed Doors** Medical documentary. (S)(R)
2.50 **Around the World in First Class** Finland and Sweden. (S)(R)
3.45 **Friends** (S9) (S)(R)
4.35 **Cruising with Susan Calman** A visit to Rome. (S)(SL)(R)(AD)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Hawaii Five-0** (S7) (S)(R)
8.00 **La Brea** 11&12/14. (S2) (S)(R)
10.00 **The Simpsons** Six episodes of the animation, including at: **12.00** NOON *The Otto Show*: Marge and Homer buy Bart a guitar. With the voices of Spinal Tap members Michael McKean and Christopher Guest. (S)(R) **12.30** PM *Bart's Friend Falls in Love*: Milhouse falls in love with a new girl at school. (S)(R)
1.00 **Gillette Labs Soccer Saturday** Previews of today's top matches and up-to-the-minute scores from around the country.
5.30 **The Simpsons** *Lard of the Dance:* Homer comes up with the bright idea of making money by selling used grease. With the voice of Lisa Kudrow. (S)(R)

11.15 Now You See Me

6.00 **The Simpsons** *The Wizard of Evergreen Terrace:* Homer decides to become an inventor. (S)(R) **6.30** *Bart the Mother:* Bart looks after a bird's nest filled with eggs. (S)(R)

7.00 **Secret World of Sound with David Attenborough** The broadcaster explores the ways different creatures hear and produce sound, and how it can influence their decisions. (S)(R)(AD)

8.00 **Rob & Romesh vs K-Pop** Rob Beckett and Romesh Ranganathan enter the world of the music phenomenon of K-Pop, starting their journey at a sold-out NCT Dream gig at Wembley Arena. (S)(R)(AD)

9.00 FILM **Bridesmaids** Comedy starring Kristen Wiig, Maya Rudolph and Rose Byrne. A single woman tries to compete with a rich rival after she is asked to be her childhood best friend's maid of honour. With Melissa McCarthy, Chris O'Dowd, Jon Hamm and Rebel Wilson. (S) (2011, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.15 FILM **Now You See Me** Heist thriller starring Jesse Eisenberg, Mark Ruffalo, Woody Harrelson and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree, puzzling Interpol and the FBI. (S) (2013, 12, 130min) ★★★
1.25 AM **Tom Davis: Underdog** Stand-up performance. (S)(R)
2.40 **The Force: Manchester** (S)(R)
3.35 **Road Wars** Double bill. (S)(R)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Parc Glan Gwil **10.15** Garddio a Mwy **10.50** Dan Do **11.20** Cartrefi Cymru **11.50** Sgwrs Dan y Lloer **12.25pm** Ffasiwn Drefn (AD) **12.55** Sain Ffagan (AD) **1.25** Prosiect Pum Mil **2.25** Busnes Bwyd **3.25** Taclo'r Ty (AD) **4.00** Jason Mohammad: Stadiymau'r Byd **5.00** Sgorio **7.15** Newyddion a'r Tywydd **7.30** Ciao! Colleen Ag Owain (AD) **8.00** Sioe Môn **9.00** Y Crwydryn **10.40** Sgrap **11.15-11.50pm** Stiwdio24/7

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *The Pilot:* 1/13. The Time Lord meets a girl with a star in her eye. **7.50** *Smile:* 2/13. The time-travellers visit a seemingly perfect human colony. (S10)
8.40 NEW SERIES **Ghosts US** 1/22. Sam, Jay and the ghosts try to extricate Jay from his deal with the Devil. **9.00** New episodes 2/22. Sam and Jay try to impress their trendy city friends. **9.20** 3/22. Sam and Jay unwittingly unleash an ancient Egyptian ghost on the house at Halloween. **9.40** 4/22. Trevor finds a way to spend more time with his newly-discovered daughter Abby. (S5)
■ Entire series on BBC iPlayer
10.00 **Mrs Brown's Boys** A handsome man tries to woo the mother-of-six. **10.30** Agnes offers Winnie and Sharon a place to stay when their pipes burst.

11.00 **Nighty Night** 1&2/6. (S1)
12.00 M'T **Schitt's Creek** (S3)
2.15 **to 3.50** AM **Doctor Who**

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Natural World: Africa's Lion Kings**
7.05 **Life on Earth** Exploring the evolution of mammals.
8.00 **Voyages of Discovery** Paul Rose recounts the rescue of the USS *Squalus* submarine crew in 1939.
9.00 NEW SERIES **Kabul** 1/6. Drama set in Afghanistan in 2021, starring Shervin Alenabi. As Kabul falls to Taliban control, a family fear retaliation and must decide whether to stay or flee. **9.50** New episode 2/6. The Taliban take over and anxious refugees wait outside the French embassy. Partly subtitled. (S1)
■ Entire series on BBC iPlayer
10.45 **To the Manor Born**
11.15 **Keeping Up Appearances**
11.45 **Bouffants, Beehives and Bobs: The Hairdos That Made Britain**
12.45 AM **Life on Earth**
1.40 **Voyages of Discovery**
2.35 **to 3.35** AM **Horizon: The Wildest Weather in the Universe**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Four in a Bed**
11.35 **A Place in the Sun**
2.40 PM **Come Dine with Me** IT manager Bea is the first to host in Gloucestershire. **3.15** Wine connoisseur Adam hosts the second evening. **3.50** Cycling enthusiast Steve hosts night three. **4.20** Mum-of-four Lisa hosts a back-to-basics menu. **4.50** Hairdresser Lorna hosts the final dinner party.
5.20 **Four in a Bed** From the Manor House Inn, Haltwhistle.

5.55 **Four in a Bed** From Orchard Glamping in Lancashire. **6.25** The third visit is to Hotel Ellenby in Scarborough. **6.55** The final visit is to the Crown Inn in Derbyshire. **7.30** Payment Day arrives.
8.00 **Griff's Canadian Adventure** 1/6. Actor Griff Rhys Jones travels across Canada, from the Atlantic coast to the Pacific northwest, with his journey beginning in Newfoundland.
9.00 **24 Hours in A&E** A 40-year-old man is rushed in after losing control of his car, and a 21-year-old woman has an infected cyst.
10.00 **24 Hours in A&E** An elderly couple are brought in after a road accident.

11.05 **999: On the Front Line**
1.10 AM **24 Hours in A&E**
3.20 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **The Great Australian Bake Off** The Grand Final.
7.05 **Below Deck Down Under**
9.00 FILM **Ron's Gone Wrong** Animated comedy with the voice of Zach Galifianakis. (2021, PG, 107min) ★★★★
11.05 **Ramsay's Kitchen Nightmares USA**
3.00 PM **The Simpsons** Seven episodes, including at: **6.00** *Saddlesore Galactica:* Homer and Bart attempt to transform a losing racehorse into a champion.

6.35 FILM **Oblivion** Epic sci-fi adventure starring Tom Cruise, Olga Kurylenko and Andrea Riseborough. A solitary drone repairman on a post-apocalyptic future Earth discovers that his world isn't what is seems. With Morgan Freeman. (2013, 12, 119min) ★★★★
9.00 **Celebrity Gogglebox** Famous faces appraise *First Dates, I Kissed a Girl, Office Romance* and *The1% Club.*
10.00 **Gogglebox** The critics share their opinions on *Trigger Point, Sort Your Life Out, One Day* and *Into the Congo with Ben Fogle.*

11.05 **Gogglebox**
12.10 AM **First Dates**
1.15 **Below Deck: Mediterranean**
3.50 **Brooklyn Nine-Nine**
4.40 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 | 306 | 30 | 123 | 256

Saturday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

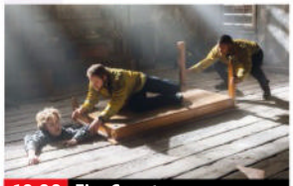
SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Sun, Sea and A&E**
8.00 **A1: Britain's Longest Road**
9.00 **Brit Cops: Frontline Crime UK**
10.00 **Caught on Dashcam**
12.00 NOON **Caught Red Handed** A terrifying knife-point robbery is caught on camera. **12.40** PM Hunting armed robbers on a busy high street. **1.20** Using mobile phone records and surveillance to apprehend a drug gang.
2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.



10.00 Fire Country

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Homicide: Life on the Street**
11.15 **House of the Dragon** Seven episodes, including at: **2.50** PM 4/8. Rhaenyra is forced into a corner. **4.05** 5/8. Daemon attempts to control the spiraling situation in King's Landing. **5.15** 6/8. Rhaenyra and Daemon focus on how best to deal with Ormund. **6.30** 7/8. Rhaenyra grows desperate for a sign. (S3)

11.00 All Her Fault

ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
7.00 **In for a Penny**
7.35 **Dress to Impress**
9.40 **Deal or No Deal: Banker's Best Battles** Quiz show.
10.10 **Deal or No Deal**
12.10 PM **Wheel of Fortune**
1.15 **Celebrity Catchphrase**
2.15 **FILM Sonic the Hedgehog 2** Comedy adventure sequel. (2022, PG, 122min) ★★★
4.35 **FILM Johnny English Reborn** Comedy sequel with Rowan Atkinson and Gillian Anderson. (2011, PG, 101min) ★★★

6.45 Miss Congeniality 2

ITV3

119 123 117 10 115 7

6.00 AM **A Touch of Frost**
12.20 PM **The Darling Buds of May**
2.35 **Midsomer Murders** *A Sacred Trust:* Barnaby investigates the world of Midsomer Priory when a nun is found strangled. **4.30** *A Rare Bird:* The president of an ornithological society is found dead after an argument about a bird sighting. Guest stars Paul Nicholls. **6.20** *The Dark Rider:* Barnaby's murder investigation uncovers shocking secrets about a victim's aristocratic family.

12.20 The Darling Buds of May

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **The Protectors**
6.55 **The Professionals**
8.00 **LIVE World Series of Darts: New Zealand Masters** The second day from Spark Arena.
12.00 NOON **River Monsters**
1.00 PM **The Casebook of Sherlock Holmes**
2.00 **LIVE Formula E** Coverage of race one of the London E-Prix staged at ExCeL London Circuit. Start-time is at 3.05.
4.35 **Great Racehorses**
5.00 **Aussie Pickers** Double bill.

8.00 World Series of Darts

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

7.40 **House of the Dragon** 8/8. *Game of Thrones* prequel following the story of House Targaryen, set 200 years before the events of the fantasy saga. Stars Matt Smith. (S3)

6.45 **FILM Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. FBI agent Gracie Hart becomes a media celebrity, until the kidnapping of her friend reawakens her crime-fighting instincts. (2005, 12, 113min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

Midsomer Murders (started at 6.20pm)

7.00 **The Motorbike Show** Presenter Henry Cole and Pete 'The Restorer' Thorne hop on their bikes for a road trip to Exmouth.

8 PM

8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

8.20 **Midsomer Murders** *Murder of Innocence:* A barrister is killed with a lethal dose of morphine and suspicion falls on an ex-convict who has returned to the village where he committed murder years earlier. Guest stars Sharon Duce.

8.00 **The Motorbike Show** Henry Cole and the team head into the final stage of building and testing the landspeed record bike.

9 PM

9.00 **Blue Bloods** *Fake it 'till You Make It:* 10/21. Jamie and his new intel team officer infiltrate a car smuggling ring. (S13)

9.00 **Possession** 3/5. Claudia is rescued by Cudjoe after Oliver becomes unexpectedly violent at Hope Hill.

9.00 **FILM The Batman** Comic-book drama starring Robert Pattinson. When a masked terrorist starts murdering seemingly innocent people, Batman begins investigating on the streets of Gotham City. (2022, 15, 176min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
12.25 AM **Family Guy** 3/20. Stewie replaces Brian with a super-intelligent robot. (S14) **12.55** 7/21. Brian learns that Quagmire hates him. (S8)
1.25 **American Dad!** (S4)
2.25 **Plebs** 2/8. (S3)
2.50 **to 3.00** AM **Unwind with ITV**

9.00 **English Football League Highlights** Action from the opening round of fixtures, including Bristol City v Millwall and MIddlesbrough v Lincoln City in the Championship.
10.30 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling, featuring world-class talent including Jon Moxley and Claudio Castagnoli.
12.30 AM **Minder**
1.30 **Two and a Half Men** (S4&5)
2.30 **to 3.00** AM **Unwind with ITV**

10 PM

10.00 **Fire Country** *Best Mom in the World:* 7/20. Bode and Jake discover a troubled teenager in a condemned building. (S4)
11.00 **FBI: International** 6/22. (S2)
12.00 M'T **Law & Order: SVU** (S26)
1.00 AM **FBI** 16/19. (S2)
2.00 **Caught on Dashcam** New edition Road disasters.
3.00 **FBI: Most Wanted** 6/14. (S1)
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

10.00 **Possession** 4/5. Claudia seeks out her Aunt Mercy to help her defeat Charlotte and is put in a trance-like state. (S1)
11.00 **All Her Fault** 5/8. (S1)
12.05 AM **Homicide: Life on the Street** 1/22. Bayliss and Munch are called to a homicide. **1.05** 2/22. The hostage crisis takes a turn for the worse. **2.05** 3-5/22. (S5)
5.05 **to 6.00** AM **Urban Secrets**

10.15 **Vera** *The Moth Catcher:* DCI Stanhope investigates a murder at a remote country house, but no sooner does she arrive than a second body is found and a link emerges between the victims.
12.05 AM **Inspector Morse** *Masonic Mysteries:* A killer stalks the detective.
2.15 **to 2.30** AM **Unwind with ITV**

10.30 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling, featuring world-class talent including Jon Moxley and Claudio Castagnoli.
12.30 AM **Minder**
1.30 **Two and a Half Men** (S4&5)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 207 310

+1 hour 208/209

+1 hour 218 315 29 114 254

+1 hour 219 317 116

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** The team try to revive Alloa Co-op Bowling Club's sign.
8.00 **The Town That Floored the World** A look at how Kirkcaldy became the world centre for linoleum.
9.00 **Murder Trial: Death of a Dog Walker** 1/2. Former gamekeeper David Campbell stands accused of the murder of Brian Low, a 65-year-old groundsman on the same estate where they both worked.
10.00 **The Fringe, Fame and Me** The history of the Edinburgh Festival Fringe told by stars who first found fame there.
11.30 PM **to 12.00** M'T **Jules and Greg's Wild Swim** First edition of the series.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 5/8. (S2)
8.25 **Will & Grace** (S7)
11.00 **The Office Movers** (S1)
1.00 PM **The Office Movers**
1.30 **Community** (S1)
4.00 **Will & Grace** (S3)
6.30 **The Office (US)** 4/28. Michael receives help from Dwight to prepare for the birth of Jan's baby. **7.00** 5/28. The company is burgled. **7.30** 6/28. Michael helps Holly move house following her transfer. **8.00** 7/28. The annual customer survey brings some shocking news. **8.30** 8/28. Michael is sent on a business trip to Canada. (S5)
9.00 **Micky Flanagan: If Ever We Needed It** Stand-up.
10.15 **FILM Logan Lucky** Crime caper starring Channing Tatum. (2017, 12, 114min) ★★★★
12.30 AM **The Comeback** (S3)
2.45 **to 5.00** AM **The Rehearsal**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Sir Bryn Terfel and Friends: Songs of the Sea** Maritime songs.
7.15 **Dance On!**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Grand Ole Opry: Opry Live** With Reba McEntire and Terri Clark.
2.00 **Discovering**
3.00 **Blue Road: The Edna O'Brien Story**
5.00 **Voices of the Valleys**
6.00 **Classic Albums**
8.00 **The Genesis Songbook**
9.15 **John & Yoko: Above Us Only Sky** The story of John Lennon's 1971 album *Imagine*.
11.15 **Pauline Black: A 2-Tone Story** Documentary.
1.05 AM **Madness: Live at House of Common**
2.35 **Suggs: My Life Story**
4.35 **Discovering: Crosby, Stills, Nash & Young**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: America's Front Line**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed** Triple bill.
4.00 **Monkey Life** Double bill.
5.00 **Wild Sky** Double bill.
7.00 **A Cheetah's Pride** Documentary following an unusual blended family of cheetahs.
8.00 **Caught on Dashcam**
9.00 **FILM The Fifth Element** Sci-fi fantasy adventure starring Bruce Willis and Milla Jovovich. A 23rd-century New York taxi driver and an enigmatic young woman race to save the planet from an evil force. (1997, PG, 126min) ★★★★
11.30 **Caught on Dashcam**
1.30 AM **Killer in My Village**
2.30 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Celebrity Lingo** With Natalie Cassidy, Angellica Bell, Jonnie Peacock and Greg Rutherford. **3.30** Charlotte Hawkins, Sean Fletcher, Fay Ripley and John Thomson take part.
4.00 **Ridiculous** Quiz show.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill.
8.00 **Celebrity Catchphrase** With guests Samia Longchambon, Amy Dowden and Will Best.
9.00 **The Chase Celebrity Special** With Mark Chapman, Gillian Joseph, Ryan Sidebottom and Fred MacAulay.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Kirstie and Phil's Love It or List It: Brilliant Builds**
9.35 **A Place in the Sun**
11.30 **Come Dine with Me**
2.00 PM **Couples Come Dine with Me** From the West Country.
3.00 **FILM Sister Act 2: Back in the Habit** Comedy sequel with Kathy Najimy and Whoopi Goldberg. (1993, PG, 107min) ★★
5.00 **A Place in the Sun**
8.00 **Location, Location, Location** From Bristol.
9.00 **Grand Designs** A couple build a home out of stone and zinc.
10.00 **Sarah Millican: Chatterbox Live**
11.05 **8 Out of 10 Cats Does Countdown**
12.05 AM **Gogglebox**
1.05 **Celebrity Gogglebox**
2.05 **Social Media Monsters**
3.05 **Crime Scene Cleaners**
4.05 **to 5.05** AM **Murder Case: The Digital Detectives**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** Five episodes, including at: **3.00** PM 21/24. The crew have an unusual encounter with another Starfleet vessel. (S3)
4.00 **Star Trek: Voyager** 20/26. Three junior crew members go on an exploratory mission. **5.00** 21/26. The crew members are impersonated by a gang of con artists. **6.00** 22/26. Torres is stranded on a remote planet. (S6)

7.00 Star Trek: Voyager

7.00 Star Trek: Voyager *Fury:* 23/26. Kes travels through time and uses her psychokinetic powers to try to destroy *Voyager*.

8.00 Star Trek: Voyager *Life Line:* 24/26. The Doctor transmits his holographic program in an attempt to save his mentor. (S6)

9.00 Stargate Universe *Sabotage:* 16/20. The crew members are unsettled when the *Destiny* crosses into another galaxy.

10.00 Stargate Universe *Pain:* 17/20. Tamara is worried when strange visions begin to plague the crew members. (S1)

11.00 **Grimm** 2/13. Hank and Wu find a way to stop Renard. **12.00** M'T 3/13. Nick plans to take Renard out of his element. **12.50** AM 4/13. Nick investigates a Wesen that is terrorising a young family. (S6) **1.40** 5&6/13. (S6)
3.20 **The Walking Dead** (S7)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S16)
10.00 **My Life Is Murder** (S1)
12.00 NOON **Father Brown** Five episodes, including at: **4.00** PM *The Numbers of the Beast:* The priest walks in on a man standing over the body of his dead wife.
5.00 **Maisie Raine** 5/6. Maisie's errant brother Kelvin asks her to investigate the theft of money he won at a casino. **6.00** 6/6. A girl's suicide attempt has far-reaching repercussions. (S1)

10.00 Father Brown

7.00 Death in Paradise *In the Footsteps of a Killer:* 7/8. Jack and his team reopen a seven-year-old murder case. (S6)

8.00 Father Brown *The Lord of the Dance:* The crime-solving cleric takes the lead when a TV dancing contest turns deadly.

9.00 Death in Paradise *Man Overboard – Part Two:* 6/8. The detectives are left with two murders to solve in London. (S6)

10.00 Father Brown *The Scales of Justice:* The sleuthing priest must race to save Bunty from the hangman's noose.

11.00 **Father Brown** *The Wisdom of the Fool:* The sleuthing priest visits a jesters' convention. **12.00** M'T *The Folly of Jephthah:* Flambeau seeks the priest's help to get rid of a rival.
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Last of the Summer Wine**
8.00 **Red Dwarf**
1.00 PM **Red Dwarf** Ten episodes of the comedy, including at: **4.15** The crew members answer a distress call. **4.55** Telepathic predators attack the crew members. **5.30** Kryten falls in love. **6.05** The nanobots recreate *Red Dwarf* and populate the ship with the original crew. **6.40** The crew members find themselves in a virtual reality Wild West town.

6.05 Red Dwarf

7.20 Red Dwarf The crew land on a prison planet where crime is prevented by a 'Justice Field'.

8.00 Joe & David's Magical Sitcom Tour Joe turns David's love of comedy series *Fawlty Towers* into the trip of a lifetime.

9.00 The Office Jennifer from head office arrives bearing bad news. **9.40** The new staff members arrive in Slough for their first day.

10.20 The Fast Show Featuring words of wisdom from soccer pundit Ron Manager.

11.00 **The Fast Show** Bob Fleming goes badger watching.
11.40 **Gavin & Stacey** The couple return from their honeymoon. **12.20** AM Smithy goes missing following Nessa's revelation.
1.00 **Red Dwarf**
3.30 **to 4.00** AM **Gavin & Stacey**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Would I Lie to You?**
11.00 **Would I Lie to You? The Unseen Bits** Extra material.
11.40 **Would I Lie to You? At Christmas** With Miranda Hart, Barry Cryer, Stephen Mangan and Miles Jupp.
12.20 PM **Would I Lie to You?** Nine editions, including at: **5.40** With guest panellists Griff Rhys Jones, Jimmy Carr, Dave Myers and Susanna Reid.
6.20 **Would I Lie to You? The Unseen Bits** Extra material.

9.00 I'm Alan Partridge

7.00 Gavin & Stacey The Shipmans drive to Wales for the wedding fayre. **7.40** Stacey goes on her hen party, while Gavin has two stag nights. **8.20** The day of the wedding arrives and Nessa debates whether to share her big secret.

9.00 I'm Alan Partridge First episode. Alan dreams of launching a new TV show. **9.40** Alan faces bankruptcy and is forced to make a big decision. **10.20** Alan insults Norfolk's farmers. With guest stars Chris Morris and Simon Pegg.

11.00 **Not Going Out Christmas Special** Festive episode.
12.00 M'T **Not Going Out**
12.35 AM **Have I Got a Bit More News for You** With Jo Brand.
1.35 **Live at the Apollo**
2.45 **to 4.00** AM **James May's Cars of the People**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.45 AM **Birds of a Feather**
9.40 **Jonathan Creek**
1.40 PM **Father Brown**
2.40 **New Tricks**
5.00 **Darby and Joan** 1/8. Retired British nurse Joan teams up with retired Australian detective Darby to probe a suspicious death. Stars Bryan Brown and Greta Scacchi. **6.00** 2/8. Darby and Joan take a detour from Joan's quest for answers to help a friend of Darby's and investigate a theft at his banana farm. (S1)

9.00 Wallander

7.00 The Brokenwood Mysteries *Sour Grapes:* 2/4. A guest judge and wine critic attending the town's annual wine show are found dead, drowned inside a fermenting vat, prompting Mike to investigate. (S1)

9.00 Wallander *Firewall:* 2/3. When a man dies at a cash machine and two teenagers confess to the murder of a taxi driver, the detective appears to have two open-and-shut cases. However, Wallander's investigation leads him to discover a conspiracy that stretches far beyond the borders of Sweden. (S1)

11.00 **Outrageous** 6/6. Nancy must confront her husband Peter about their future. (S1)
12.00 M'T **The Last Detective** (S4)
1.35 AM **New Tricks**
2.40 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Cops** Documentary.
9.30 **NCIS: Los Angeles** (S5)
11.25 **Blue Bloods** (S4&5)
2.20 PM **NCIS: Los Angeles** Five episodes of the drama, including at: **6.20** *Tuhon:* 15/24. Sam and Callen search for a retired assassin. (S5)
7.15 **Jesse Stone: Lost in Paradise** The police chief heads to Boston to investigate a murder case in which the prime suspect is behind bars.
9.00 **NCIS** *Killer Instinct:* 17/20. The NCIS capture the hitman known as 'The Poet'. (S22)
10.00 **Law & Order: Special Victims Unit** *Flight Risk:* 11/24. A pilot hijacks a commercial plane. (S19)
11.00 **Law & Order: Special Victims Unit** (S19&18)
1.55 **to 3.50** AM **NCIS: Los Angeles**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S9)
10.00 **Shoplifters: Caught Red Handed** Triple bill.
1.00 PM **Nightmare Tenants, Slum Landlords** Six editions, including at: **5.50** Eviction lawyer Chris helps a former army officer evict squatters from his land.
6.45 **FILM Percy Jackson & the Lightning Thief** Fantasy adventure with Logan Lerman. (2010, PG, 114min) ★★★
9.00 **FILM Transporter 2** Action thriller sequel starring Jason Statham and Matthew Modine. (2005, 15, 88min) ★★★
10.50 **Piers Morgan: Uncensored**
12.20 AM **When Parties Go Horribly Wrong**
2.20 **Killer at the Crime Scene** Documentary.
3.10 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Police Interceptors**
2.20 PM **Highway Thru Hell**
5.20 **FILM Lust for Gold** Western adventure starring Glenn Ford and Ida Lupino. (1949, b/w, PG, 90min) ★★
7.10 **FILM The Big Gundown** Spaghetti western starring Lee Van Cleef. A Texas lawman goes in pursuit of a Mexican peasant accused of raping a girl. Subtitled. (1966, 15, 84min) ★★
9.00 **FILM The Outlaw Josey Wales** Western directed by and starring Clint Eastwood as a Missouri farmer who joins a band of Confederate guerrillas after his wife and child are killed by Union raiders. (1976, 18, 130min) ★★★★★
11.50 **The X-Files** (S5)
3.40 AM **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
1.00 PM **999 Rescue Squad**
7.00 **Ambulance Australia** Paramedics are called to a seven-year-old boy gasping for air. **8.00** An alert about a suspected stroke leads responders to an intoxicated man.
9.00 **Gavin & Stacey** Pete and Dawn renew their wedding vows. **9.40** Bank Holiday Monday sees the Essex mob arrive for a day at the beach in Barry. **10.20** With preparations for the wedding in full swing, Stacey has some big news for Gavin.
11.00 **The Young Midwives of Essex** Double bill.
1.00 AM **Butchers of the Bayou** Documentary.
1.55 **to 3.00** AM **Don't Hate Your House with the Property Brothers**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Flipping Bangers**
10.00 **Great Canal Journeys**
11.00 **Canal Boat Diaries**
5.00 PM **Seven Worlds, One Planet** David Attenborough looks at the wildlife of Africa.
6.00 **Gorilla Revisited with David Attenborough**
7.00 **Bangers & Cash: Restoring Classics** The team collect a Subaru Pick-up. **8.00** A 1973 Ford Escort Mexico is the team's most expensive purchase to date.
9.00 **Bangers & Cash** Derek collects a 1968 Mini Moke, an unusual Amphicar 770 and a Polish Fiat 216.
10.00 **Bangers & Cash: Restoring Classics**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Corfu.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Double bill.
12.00 NOON **The Repair Shop**
7.00 PM **The Repair Shop** The team attempt to bring a well-loved Indian guitar back to life. **8.00** Silversmith Brenton tries to restore a battered, old trophy.
9.00 **Death Walker with Nick Groff** New edition A visit to the Eagle House Restaurant in Williamsville, where unexplained activity suggests the spirits of the past may not be the only ones still present.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SATURDAY Entertainment

Saturday

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
9.00 **Little House on the Prairie** 19–22/22. (S2)
1.00 PM **Little House on the Prairie** Six episodes. (S3)
7.00 **The Waltons** 16/26. A new arrival is suspected of being a spy. **8.00** 17/26. Jim Bob and Ben are jealous of each other's girlfriend. (S6)
9.00 **Sparkling Cyanide** Agatha Christie murder mystery starring Anthony Andrews and Deborah Raffin. When the unfaithful wife of a lawyer dies suddenly from cyanide poisoning, the evidence points to suicide. But murder cannot be ruled out.
11.05 **Man About the House**
12.05 AM **Robin's Nest**
1.05 **Rising Damp**
2.05 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **Murder Maps**
10.00 **FILM The Proud Rebel** Western drama. (1958, b/w, U, 108min) ★★★
12.15 PM **FILM Went the Day Well?** Thriller. (1942, b/w, PG, 92min) ★★★★★
2.20 **FILM Two Rode Together** Western. (1961, PG, 109min) ★★★
4.40 **FILM Romancing the Stone** Adventure. (1984, 12, 105min) ★★★★
7.00 **FILM The Double** Crime thriller with Richard Gere. (2011, 12, 94min) ★★
9.00 **FILM Kingdom of Heaven** Ridley Scott's historical drama. (2005, 15, 144min) ★★★★
12.00 M'T **The Avengers** (S5)
1.00 AM **The New Avengers**
2.00 **The Persuaders!** (S1)
3.00 **FILM Absolute Zero** Sci-fi disaster movie. (2005, 12, 87min) ★
4.25 **Coast Guard Alaska**
5.10 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.00 AM **Air Rescue**
8.30 **Diagnosis Murder**
9.30 **FILM Lost Without You** Drama. (2016, PG) ★★
11.25 **FILM Reap What You Sew** (2018, PG) ★★
1.20 PM **FILM How to Con a Con** Crime thriller. (2020, PG, 90min) ★★
3.10 **FILM Til Death Do Us Part** Murder mystery. (2021, PG, 85min) ★★
5.00 **FILM Honeymoon, Honeymurder** Mystery. (2021, PG, 84min) ★★
7.00 **FILM Haunted by Murder** Crime thriller. (2022, U, 84min) ★★
9.00 **Hailey Dean Mysteries**
10.50 **FILM A Murder in Mind** Mystery. (2019, PG) ★★
12.55 AM **FILM A Housekeeper's Revenge** Thriller. (2016, PG) ★★
2.35 **FILM Framed By My Sister** (2021, 12) ★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.15 AM **FILM Snapshot of Love** Romantic drama. (2022, PG, 85min) ★★
10.10 **FILM Law of Attraction** Comedy. (2020, PG) ★★
12.00 NOON **FILM The Royal Bake Off** Romance. (2023, PG, 90min) ★★
2.00 PM **FILM A Royal Recipe for Love** Drama. (2023, PG, 89min) ★★
4.00 **FILM How to Win a Prince** Comedy. (2023, U, 89min) ★★
6.00 **FILM Christmas with a Crown** Romantic drama. (2020, PG, 89min) ★★
8.00 **FILM A Royal Runaway Romance** Comedy. (2022, PG, 84min) ★★
9.50 **FILM My One and Only** Drama. (2019, PG) ★★
11.45 **FILM Autumn in the City** Romantic drama. (2022, U, 84min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM A Royal Recipe for Love**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Wild Gardener**
12.45 PM **Hello Campers**
1.45 **FILM Hell in Normandy** World War Two drama. (1968, PG, 89min) ★★
3.45 **FILM Inside Out** Drama. (1975, PG, 95min) ★★
5.45 **FILM Rogue Male** Thriller starring Peter O'Toole. (1976, 15, 105min) ★★
8.00 **Garden Rescue** Chris Hull and Flo Headlam transform a garden in south Gloucestershire.
9.00 **Yorkshire by the Sea** An ambitious couple launch the first wine grown in their Robin Hood's Bay vineyard
10.00 **FILM Sex Farm** Comedy starring Hilary Farr. (1974, 15, 84min) ★★
12.00 M'T **FILM Pacific Banana** Comedy. (1981, 18, 88min) ★★
1.45 AM **FILM Rogue Male**
4.00 **to 5.00** AM **Yorkshire by the Sea**

Rewind TV

182 81 164 141

6.00 AM **Space 1999** (S2)
7.00 **Man in a Suitcase**
10.00 **Doctor in Charge**
11.30 **The Upper Hand**
12.30 PM **The Fenn Street Gang** 6–8/8. (S4)
2.00 **Second Thoughts** (S3)
3.00 **Two's Company** (S1)
4.30 **Mother's Ruin**
5.30 **The Upper Hand** (S1)
6.30 **Doctor in Charge** (S1)
8.00 **The Fenn Street Gang**
9.00 **Space 1999** 11/24. (S2)
10.00 **FILM Slaughter High** Horror thriller starring Caroline Munro and Simon Scuddamore. (1986, 18, 85min) ★★★
11.50 **Naughty!** A look into sex and pornography through the ages.
1.35 AM **Stereo Underground**
2.35 **We Had One of Those**
2.45 **Hank the Cowboy**
3.00 **The Cut Price Comedy Show** Comedy sketches.
3.30 **Two's Company**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Gem Hunters Down Under** Documentary.
2.00 **Outback Crystal Hunters** Double bill.
4.00 **Aussie Gold Hunters**
7.00 **Filthy Fortunes** The team are in the Pacific Northwest to tackle a barn full of paraphernalia. **8.00** The team take on a rock star mess to find classic guitars and amps.
9.00 **Extinct or Alive** A look for a trace of extinct seabird the great auk.
10.00 **Expedition X** The team investigate reports of a government conspiracy.
11.00 **Expedition Files**
12.00 M'T **Born with Four Legs: Body Bizarre**
1.00 AM **Village of Dwarves: Body Bizarre**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
11.00 **Jamie Cooks Italy**
12.00 NOON **Michel Roux's French Country Cooking**
1.00 PM **James Martin: Sweet**
3.00 **Tom Kerridge Secrets of the Pub Kitchen**
5.00 **Tom Kerridge's American Feast**
8.00 **Jamie Cooks Italy** Jamie Oliver and Gennaro Contaldo visit Naples. **8.30** Jamie and Gennaro head to the region of Basilicata.
9.00 **NEW SERIES Diners, Drive-Ins and Dives** Guy Fieri digs into the-bomb pastrami in Austin. **9.30** New edition Guy tries craveable carrot cake in Calgary and killer collards in Reno.
10.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Six Million Dollar Man** 6–10/21. (S5)
12.00 NOON **The Gambler III: The Legend Continues** Western drama sequel.
3.50 PM **FILM Blood River** Western adventure starring Rick Schroder. (1991, PG, 88min) ★★
5.40 **FILM The War Lord** Medieval drama starring Charlton Heston. (1965, PG, 122min) ★★★★
8.00 **The Twilight Zone** (S3)
9.00 **FILM Tears of the Sun** Action drama starring Bruce Willis, Monica Bellucci and Cole Hauser. (2003, 15, 121min) ★
11.30 **FILM The 13th Warrior** Medieval adventure with Antonio Banderas. (1999, 15, 103min) ★★★
1.35 AM **FILM Reprisal** Thriller with Frank Grillo. (2018, 15, 91min) ★★
3.30 **to 5.15** AM **FILM Unchained** Thriller. (2017, 15, 85min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **Andromeda** (S4)
3.00 PM **FILM Bermuda Tentacles** Sci-fi thriller. (2014, 12, 86min) ★★
5.00 **FILM Tornado Warning** Sci-fi action thriller. (2012, PG, 90min) ★★
7.00 **FILM Island of Terror** Sci-fi horror starring Peter Cushing. (1966, PG, 90min) ★★★
9.00 **FILM Cape Fear** Martin Scorsese's thriller with Robert De Niro. (1991, 18, 122min) ★★★★
11.35 **FILM Dead Man Running** Crime thriller. (2009, 15, 92min) ★★★
1.30 AM **FILM The Legend of the 7 Golden Vampires** Horror. (1974, 15, 89min) ★★
3.15 **FILM Riddles of the Sphinx** Adventure. (2008, 12, 89min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Storage Wars**
8.20 **The UnXplained with William Shatner**
10.10 **Strange Evidence**
12.05 PM **The Proof Is Out There: Bermuda Triangle Edition**
3.05 **What on Earth?**
6.00 **History's Greatest Mysteries** The kidnapping of famed aviator Charles Lindbergh's son in 1932. **7.00** The story of the Chicago Tylenol Murders. **8.00** The mystery of the Loch Ness Monster.
9.00 **World War Weird** Featuring a Nazi anti-gravity device.
10.00 **Secret Wars Uncovered** How the Russo-Georgian War began.
11.00 **National Park Mysteries**
1.00 AM **Conspiracy Files: Unsealed** Double bill.
2.00 **Court Cam**
3.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, including at: **5.00** *A Killing in Cork:* Jessica investigates foul play in Ireland. **6.00** *Love and Hate in Cabot Cove:* A crooked deputy is murdered.
7.00 **Abandoned Engineering** Featuring a ruined compound on the edge of a peninsula in Colombia.
8.00 **WWII Battles in Colour** Life and death on the battlefield of El Alamein.
9.00 **Katrina: The Hurricane That Drowned New Orleans** A look at the tropical cyclone that hit the American city in August 2005.
10.30 **Inferno at Sea: The Deepwater Disaster** The events surrounding the oil spill in the Gulf of Mexico in April 2010.
12.00 **to 4.00** AM **Prisoner: Cell Block H**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Celebrity Antiques Road Trip** With Toyah Willcox.
12.15 PM **Catchphrase**
1.00 **Tenable** Quiz show.
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Beat the Chasers**
5.00 **The Chase Celebrity Special** Double bill.
7.00 **The Chase** Double bill of the quiz show.
9.00 **The Chase Celebrity Special** With guests Jay Rayner, Lucy Porter, Krishnan Guru-Murthy and Steve Davis.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Colin Jackson, Anne Diamond, Josie Long and Nicky Campbell compete.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
11.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 10/24. Sheldon has to take care of Amy when she falls ill. **7.30** 11/24. Leonard fails to get Sheldon into the Christmas mood. **8.00** 12/24. Sheldon tells his assistant to stop flirting with Leonard. **8.30** 13/24. The guys become stranded in the middle of nowhere. (S6)
9.00 **Dr Pimple Popper: Breaking Out** Dr Lee meets Jon, who suffers from a huge bump on his shoulder blade. **10.00** Dr Lee is taking her practice to the next level with some exciting new additions.
11.00 **Dr Pimple Popper**
3.00 AM **My 600lb Life**
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Mr Bean** 13&14/14. (S1)
10.00 **Friends** (S1&2)
7.00 PM **Friends** 3/24. The gang's neighbour Mr Heckles dies. **7.30** 4/24. Phoebe reveals she is married. **8.00** 5/24. Ross celebrates his birthday. **8.30** 6/24. Monica poisons Ross. (S2)
9.00 **FILM True Lies** Action comedy adventure starring Arnold Schwarzenegger and Jamie Lee Curtis. (1994, 15, 141min) ★★★★
11.45 **FILM The Commitments** Alan Parker's vibrant comedy drama starring Robert Arkins, Angeline Ball, Andrew Strong and Maria Doyle. (1991, 15, 118min) ★★★★
2.05 AM **Stupid Central**
3.05 **8 Out of 10 Cats**
4.15 **to 5.00** AM **Mr Bean**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** As 8.00pm.
10.00 **Most Ridiculous**
3.00 PM **The Upper Hand**
8.00 **Michael McIntyre's Big Show** With Jack Whitehall, Sting, Ricky Gervais and Jamie Oliver.
9.00 **Friends** 3/24. The gang's neighbour dies. **9.30** 4/24. Phoebe reveals she is married. **10.00** 5/24. Ross celebrates his birthday. **10.30** 6/24. Monica accidentally poisons Ross. **11.00** 7/24. Rachel gets drunk and confesses all to Ross. (S2)
11.30 **Friends** (S2&1)
3.45 AM **Jimmy Carr's Am I the A**hole?**
4.30 **Iain Stirling's Roast the Internet**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

56 42

8.00 AM **That's 60s**
8.15 **Oh, Doctor Beeching!**
10.45 **Steptoe and Son** (S1)
12.35 PM **Rising Damp** (S1)
4.10 **Birds of a Feather**
7.55 **Minder** *All Mod Cons:* 8/13. Arthur tries to sell Terry's flat. (S2)
9.00 **Benidorm** 8/9. Concerns for Liam's well-being lead to confusion. (S9)
9.55 **Shameless** 13/16. The Gallagher family are thrown into crisis. (S6)
10.55 **Man About the House** 1/6. A housing shortage forces a compromise for the flatmates. (S2)
11.30 **Mind Your Language**
12.00 M'T **Benidorm** 8/9. (S9)
1.00 AM **Minder** 5/8. (S6)
2.00 **Duty Free** 2/7. (S3)
2.25 **Man About the House**
2.50 **The Kenny Everett Video Show** Comedy.
3.20 **That's 60s**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 5/13. (S2)
6.20 **Teen Mom 2: From the Beginning** Reality series.
7.10 **Dallas Cowboys Cheerleaders**
10.00 **Teen Mom: The Next Chapter** Triple bill.
1.00 PM **Charmed** (S1)
6.00 **Catfish: The TV Show**
9.00 **Skin A&E** Four top dermatologists treat patients for cysts, lipomas and skin tags.
10.00 **FILM The Craft** Supernatural horror fantasy starring Robin Tunney, Fairuza Balk, Neve Campbell and Rachel True. Four outsiders at a posh LA girls' school decide to form a witches' coven. (1996, 15, 101min) ★★★
12.00 M'T **MTV Unplugged: Oasis** From London's Royal Festival Hall.
1.00 AM **Dating Naked**
2.45 **All Star Shore**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
9.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **The Last Alaskans** Six editions, including at: **3.00** PM The participating families discuss what life is like in the Arctic wilderness. **4.00** The Arctic summer comes to an end, and Heimo goes hunting for caribou. **5.00** Heimo and Edna's daughter Krinn visits with their new baby grandson Colby.
6.00 **Deadliest Catch** Sig gives protégé 'Bob' the helm for her first-ever opilio season.

5.00 The Last Alaskans

7.00 **Ant Anstead Master Mechanic** Ant looks to own a Alfa Romeo 158. **7.30** Ant discovers a donor 1950s chassis.
8.00 **Maine Cabin Masters** The team are hired to finish a cabin for a homeowner who has collected materials for years.
9.00 **Naked and Afraid: Global Showdown** A primitive weapons challenge leads to a shocking elimination, food struggles may force medics to step in, and a driving rainstorm pounds the competitors.
11.00 **Expedition Files** Evidence solving a 50-year cold case.
12.00 M'T **Mystery at Blind Frog Ranch** Charlie consults local experts to expel powerful forces lingering on the ranch.
1.00 AM **How the Universe Works**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **The Zoo** A sea lion falls ill after eating a foreign object. **4.00** Keepers notice a snow leopard is struggling to walk.
5.00 **Treehouse Masters** Pete Nelson creates a climber's haven for an arboreal couple.
6.00 **Preposterous Pets** The story of a couple who share their home with hippos.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** How a fish makes a weapon out of water. **7.30** Communication methods used by cats.
8.00 **Extinct or Alive** Biologist Forrest Galante explores the island of Java in Indonesia in search of the Javan tiger.
9.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns discuss generating power for their wilderness settlement.
10.00 **Tanked** A tank with a *Wizard of Oz*-themed interior that will have fish swimming down the yellow brick road.
11.00 **Alaska: The Last Frontier** Eivin takes his son Findlay on his first coming of age hunt.
12.00 M'T **Edge of Alaska**
2.00 AM **The Haunted** A look at a family's horrifying encounter with a ghost.
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Plane Crash Recreated**
12.00 NOON **Disaster Autopsy**
1.00 PM **Mega Marine Machines**
3.00 **Construction Fails** How the use of glass in construction can lead to devastating issues. **4.00** Disasters involving cranes used in urban construction.
5.00 **Air Crash Investigation** Korean Air Cargo Flight 8509's accident near Stansted in 1999. **6.00** Investigating the crash of Continental Connection Flight 3407 in 2009.

8.00 Car S.O.S

7.00 **Destruction Decoded** The stories behind 10 infamous train and plane disasters, from hijackings to major malfunctions.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend head to Leicester to pick up a Mk 3 Ford Cortina, once Britain's top-selling car.
9.00 **Car S.O.S** Tim and Fuzz attempt to secretly fix up an Italian car enthusiast's rusty World Rally-winning pride and joy.
10.00 **Car S.O.S** A 1984 Audi UR Quattro owned by a man who has long harboured hopes of seeing the vehicle in its original state.
11.00 **Engineering Europe** The Netherlands' engineering wonders are revealed.
12.00 M'T **Ultimate Airport Dubai** Behind the scenes at one of the world's busiest airports. **1.00** AM A section of the baggage conveyor belt shuts down due to a faulty motor.
2.00 **to 5.00** AM **Air Crash Investigation**

Sky History

123/124 115/116 131 353 368

6.00 AM **American Pickers**
7.00 **Hardcore Pawn**
10.00 **History's Greatest Machines with Dolph Lundgren**
11.00 **Battle Treasures with Foxy and Bruce** Double bill.
12.00 NOON **Secrets of the Lost Liners** Double bill of editions.
2.00 PM **Storage Wars**
5.00 **World's Most Unexplained** Four editions, including at: **6.00** An American couple who claimed they were abducted. **6.30** A look into the apparent UFO sightings in Broadhaven.

8.00 Britain's Most Historic...

7.00 **Britain's Most Historic Towns** Alice Roberts discovers how the coal industry transformed the Rhondda Valley.
8.00 **Britain's Most Historic Towns** Alice explores the history of Oxford during the Civil War, when the city became a power base.
9.00 **Hell on Earth: WWII** Exploring the story of World War Two, retracing the start of the German invasion of Poland.
10.00 **Hell on Earth: WWII** Germany continues to build its empire in Europe, and Hitler seeks to crush Britain with the Luftwaffe.
11.00 **Mysteries Unearthed with Danny Trejo** Discoveries that shocked and terrified the world. **12.00** M'T A Chinese curse that has gained a reputation.
1.00 AM **World's Most Unexplained** Four editions.
3.00 **Britain's Most Historic Towns**
5.00 **to 6.00** AM **History's Greatest Machines with Dolph Lundgren**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: John Hurt**
7.00 **Discovering: Tom Cruise**
8.00 **The Directors**
9.00 **Hawking: Can You Hear Me?**
11.00 **I Am Bruce Lee**
1.00 PM **Val** Documentary focusing on the life of actor Val Kilmer.
3.10 **Bruno v Tyson** The story of the boxing rivalry between Frank Bruno and Mike Tyson.
5.00 **Bardot** A look at the life and career of actor Brigitte Bardot, examining the hardships, trials and struggles she faced as well as her work and legacy.

9.00 God Bless Ozzy Osbourne

7.00 **Rik Mayall: Magnificent B'stard** A documentary tribute to the influential and much-missed actor and comedian, who died in 2014 at the age of 56. Contributors include Stephen Fry, Ben Elton, Greg Davies, Nigel Planer and Adrian Edmondson.
9.00 **God Bless Ozzy Osbourne** A profile of Black Sabbath frontman Ozzy Osbourne, from his years of alcoholism and drug dependency, to the conquering of his demons with the aid of his second wife, Sharon.
11.00 **Pete Doherty: Stranger in My Own Skin** Documentary about the musician and Libertines co-frontman.
1.00 AM **QPR: The Four Year Plan** An insight into the running of Queens Park Rangers following a 2007 takeover.
2.50 **Dettori** The life and career of jockey Frankie Dettori.
5.00 **to 6.00** AM **The Directors**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Massive Engineering Mistakes**
8.00 **Ant Anstead: Born Mechanic**
9.00 **Wheeler Dealers**
3.00 PM **Shed and Buried: Classic Cars** Double bill.
5.00 **Shed and Buried**
8.00 **Ant Anstead: Born Mechanic** Ant's dream comes true when he finds a Peugeot 205 GTi.
9.00 **The Repair Shop** The team restore a vintage harmonium. **10.00** Restoring a miniature whisky barrel.
11.00 **Outback Opal Hunters** The Cheals battle their worst start in years.
12.00 M'T **Outback Truckers**
1.00 AM **Mysteries of the Deep** Double bill.
3.00 **NASA's Unexplained Files** Documentary.
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Forensic Detectives**
11.00 **A Killer's Mistake**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Murder in the Heartland** Six editions.
9.00 **Deadly Influence: The Social Media Murders** New edition An online astrologer's magic turns on those closest to them.
10.00 **The Curious Case Of...** New editions Part one of two. Paranoia deepens as a famed facialist faces attacks. **11.00** Part two of two. A facialist's harassment nightmare erupts into accusations and betrayal.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Murderous Bigamist** A look into the case of Pierre LeGris.
8.00 **UK Crime Files: Dating App Murder** How police captured the killers of Timothy Smith.
9.00 **UK Crime Files: Child Killers** The story of the murder of James Bulger.
10.00 **UK Crime Files: Murder of the Secret Millionaire** The story of a millionaire murdered in Hammersmith.
11.00 **UK Crime Files: The Seaside Strangler**
12.00 M'T **UK Crime Files: People Trafficking Murder** Documentary.
1.00 AM **Donal MacIntyre's Killer Evidence**
2.00 **Bloodline Detectives**
3.00 **Fatal Fraud**
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
10.45 **Teleshopping**
11.00 **Medical Detectives**
12.00 NOON **Killers: Caught on Camera** Triple bill.
3.00 PM **UK Crime Files: Parachute Murder Plot** Donal MacIntyre examines the attempted murder of Victoria Cilliers by her husband.
4.00 **UK Crime Files: Deadly Taxi Driver** Simon Toyne uncovers the case of Catherine McChord.
5.00 **UK Crime Files: Justice For My Brother** The case of Stuart Diamond, who killed a teenager.
6.00 **UK Crime Files: The Body in the Suitcase** The case of Nathan Matthews, who murdered his stepsister.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **Nothing to Declare**
8.00 **Road Wars**
9.00 **Caught on Dashcam**
10.00 **Caught Red Handed**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Myth of the Zodiac Killer** 1&2/2.
3.40 **Britain's Most Evil Killers**
4.45 **Killer in My Village**
6.55 **Forensics: Catching the Killer** Double bill.
9.00 **Murder Nation**
10.00 **Rifkin on Rifkin: Private Confessions of a Serial Killer**
11.45 **Killer in My Village**
12.50 AM **How I Caught the Killer** Malcolm Webster.
1.55 **Britain's Most Evil Killers**
3.00 **What the Killer Did Next** Debbie Starbuck.
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Inside Japan's War**
1.00 PM **Battle of Okinawa in Colour** As 10.55pm.
2.00 **Peleliu: WWII's Most Well-Preserved Battlefield** As 8.35pm.
3.10 **Fall of Japan in Colour**
4.15 **Inside Japan's War** Four editions, including at: **7.25** American bombing pounds the Japanese home islands.
8.35 **Peleliu: WWII's Most Well-Preserved Battlefield** A look at the most well-preserved battlefield in the world.
9.45 **1945: The Savage Peace** Stories of violence toward Germans.
10.55 **Battle of Okinawa in Colour** The story of the fight for Okinawa.
12.00 M'T **Fall of Japan in Colour** Documentary.
1.05 **to 2.00** AM **Weathered: Earth's Extremes**

SATURDAY

Saturday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Baby Animals**
7.00 **Arctic Secrets**
9.00 **Wild Tales from the Farm**
11.00 **Loons: A Cry from the Mist**
12.00 NOON **Superbeast**
1.00 PM **Wild Pacific Rescue**
4.00 **The Great Elephant Tale**
5.00 **David Attenborough's Conquest of the Skies**
8.00 **Deadly Australians** Exploring the creatures to be found in Australia's deserts.
9.00 **Boss Shark** Specialists study a school of great whites in the waters off Stewart Island.
10.00 **Colombia's Wild Coast** The remote island of Gorgona, once chosen by the Colombian government as a prison site due to its shark-infested seas.
11.00 A female crab undertakes a journey to escort her 80,000 eggs to the sea.
12.00 M'T **Deadly Australians**
1.00 AM **Boss Shark** As 9.00pm.
2.00 **Loons: A Cry from the Mist**
3.00 **Rewilding** Double bill.
5.00 **to 6.00** AM **The Great Elephant Tale**

Crime+Investigation

139/140 142 133

6.00 AM **Hometown Tragedy**
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Murdered by Morning**
7.00 **Check-In to Murder** A camping trip ends in tragedy when one friend is found dead.
8.00 **Last Night Out** A death that changed safety laws for ever.
9.00 **Predator Files** How predators disguise harmful intentions as concern and protection.
9.30 A woman posing as a 16-year-old helps SOSA entrap four male suspects.
10.00 A predator who has been jailed resurfaces online.
10.30 A suspect hides behind a grandfatherly image.
11.00 **Interrogation Cam** A suspect makes a chilling confession.
11.30 A farmer shares a secret about two missing people.
12.00 M'T **Fugitives Caught on Tape**
1.00 AM **I Survived a Crime**
2.00 **I Met My Murderer Online**
3.00 **to 6.00** AM **Hometown Tragedy**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 71

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering** Exploring a mysterious structure on the 38th parallel.
2.00 A secret Japanese facility that was once at the forefront of weapons technology.
3.00 An impressive compound commandeered and repurposed by a brutal regime.
4.00 A creepy collection of buildings and monuments hidden in a Parisian park.
5.00 **The Life of Mammals** David Attenborough explores the adaptability of omnivores.
6.00 The lives of dolphins, sea otters and blue whales.
7.00 Exploring the tree-dwellers of the animal kingdom.
8.00 Encountering vibrantly coloured monkeys in Costa Rica, Venezuela and West Africa.
9.00 The similarities between humans and great apes.
10.00 PM **to 6.00** AM **The Life of Mammals**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
11.00 **Secrets of Great British Castles** Double bill of editions.
1.00 PM **How to Lose a War**
2.00 **Ancient Aliens**
4.00 **Weird Britain** Double bill.
6.00 **How Disney Built America**
7.00 **Discovered by Disaster** A medieval shipwreck that could reshape history, and a Greek version of Atlantis that sank in a tsunami.
8.00 **Hazardous History with Henry Winkler** Jaw-dropping travel tales of the past, from exploding cars and blimp disasters, to doomed personal helicopters.
9.00 **Colosseum** A devastating plague sweeps through the city.
10.00 **Forbidden History** A look into the historical evidence of Jesus' crucifixion.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Iconic Combat Machines**
2.00 **World War II: Witness to War**
3.00 **Combat Trains**
4.00 **Crimes That Shook Britain**
5.00 **to 6.00** AM **Looting History**

WILD

165 145 182

8.00 AM **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **The Hidden World of Snakes** Triple bill of editions.
4.00 **Hostile Planet**
7.00 **Heartland Docs** Dr Erin investigates a farm dog's mystery illness, while Dr Ben treats a rabbit, helps a bulldog and tackles goat yoga.
8.00 **Path of the Panther** Photographer Carlton Ward Jr teams up with various forces to track the endangered Florida panther and protect its ever-shrinking habitat.
10.00 **Underdogs** Ryan Reynolds narrates a look at animals at the bottom of the food chain.
10.50 A look into the animal kingdom's worst parents, including a goose that lays eggs on the top of a cliff.
11.40 **Bizarre Animal Friends**
12.35 AM **Alaska Animal Rescue**
1.30 **Trials of the Wild**
2.00 **World's Weirdest**
4.00 **to 5.00** AM **Yukon Vet**

ID

154 140 166

8.00 AM **The Perfect Murder**
12.00 NOON **Hometown Homicide**
3.00 PM **Homicide City**
4.00 **People Magazine Investigates** A crime that took 47 years for the truth to emerge.
5.00 The disappearance of a college student in 1992.
6.00 A pilot's disappearance.
7.00 A look into the murder of two middle school girls.
8.00 **Truth About Murder with Sunny Hostin** The former prosecutor revisits the murder of 23-year-old Danielle Marshall.
9.00 **Mean Girl Murders** A shooting in a building sends shockwaves through a neighbourhood.
10.00 **Fallen Idols: Nick & Aaron Carter** Former pop star Melissa Schuman alleges that Nick Carter sexually assaulted her.
11.00 Melissa deals with Nick's fans after her assault allegations.
12.00 M'T **The Lake Erie Murders**
2.00 AM **Faking It: Tears of a Crime**
4.00 **to 6.00** AM **Deadline: Crime with Tamron Hall**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
2.00 PM **How the Universe Works**
5.00 **Through the Wormhole with Morgan Freeman**
6.00 **How It's Made** Moccasins and electronic-impact drills.
6.30 Traditional parquet floors.
7.00 How raw pet food is made.
7.30 The creation of calissons.
8.00 **Paranormal Declassified** Paul Beban examines rumours of a secret US military program to develop super soldiers.
9.00 What could happen if there was a zombie apocalypse.
10.00 **Curse of the Bermuda Triangle** Investigating one of the strangest disappearances from the Bermuda Triangle.
11.00 Experts use technology to search for ghost ships.
12.00 M'T **In Search of Monsters**
2.00 AM **Expedition X** Double bill.
4.00 **to 6.00** AM **How Do They Do It?**

+1 hr 267 379

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Craig is tested to his limit by an Edwardian sofa.
4.00 A battered chest that belonged to a Masonic lodge.
5.00 Lighting specialist Jolene repairs a funfair display.
6.00 **How the Universe Works** How Earth's solar system was formed.
7.00 The variety of planets that make up the universe.
8.00 Exploring the 300 moons within the solar system.
9.00 **Massive Engineering Mistakes** In New York, a construction crane crashes into an iconic bridge, and tragedy strikes a television tower in Texas.
10.00 In Miami, a disaster leaves a nation in mourning.
11.00 The devastating effects of engineering disasters.
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

Discovery Turbo

158 146 180

7.00 AM **Vintage Voltage**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **Guz Khan's Custom Cars** Five editions.
5.00 PM **Goblin Works Garage**
7.00 **Goblin Works Garage** The team take on their first-ever EV build as the members try to mount a Tesla battery-powered powerplant inside a classic.
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz find a rare custom IRIS Sporting Trials Car.
9.00 Henry and Fuzz take a look at Shane's epic collection, where a stylish Lanchester LD10 catches their eye.
10.00 **Richard Hammond's Workshop** The pressure is on when Richard decides to compete at an NEC show.
11.00 Neil promises to help a friend with his 1930s Morris 8.
12.00 M'T Richard takes the Cogs go karting to find a driver for the classic racing team.
1.00 **to 4.00** AM **Vintage Voltage**

+1 hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **Looney Tunes: The Day the Earth Blew Up** (2024)
8.35 **Tom and Jerry: Forbidden Compass** Animated family adventure. (2025, PG, 104min)
10.30 **Song Sung Blue** Drama. (2025, 12, 132min) ★★★
12.50 PM **Hamnet** As 8.00pm.
3.05 PREMIERE **Signal One** (2026)
4.50 **Normal** Action comedy. (2026, 15, 91min) ★★★★
6.30 **Seven Snipers** Action thriller. (2025, 15, 87min) ★★★

10.20 Signal One

8.00 **Hamnet** Period drama starring Paul Mescal and Jessie Buckley. After losing their son to plague, Agnes and William Shakespeare grapple with grief. With Emily Watson, Joe Alwyn, Jacobi Jupe and Noah Jupe. (2025, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

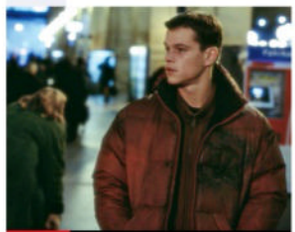
10.20 PREMIERE **Signal One** Sci-fi thriller starring Isabelle Fuhrman. A tech billionaire recruits a computer scientist to work on a project that could change humanity. (2026, 15, 87min) ★★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Normal** As 4.50pm.
1.35 AM **Heretic** Mystery horror. (2024, 15, 111min) ★★★★
3.30 **Night Patrol** Horror thriller. (2025, 15, 103min) ★★★
5.20 **to 6.55** AM **Looney Tunes: The Day the Earth Blew Up** Animation. (2024, PG, 91min)

Sky Cinema Box Set

303 303 403 503 517

6.05 AM **300: Rise of an Empire** Fantasy. (2014, 15) ★★★
8.00 **The Lord of the Rings: War of the Rohirrim** (2024) ★★★★
10.20 **The Lord of the Rings: The Fellowship of the Ring** Fantasy. (2001, PG) ★★★★★
1.30 PM **The Lord of the Rings: The Two Towers** Fantasy. (2002, 12, 179min) ★★★★★
4.40 **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201min) ★★★★★



8.00 The Bourne Identity

8.00 **The Bourne Identity** Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. With Franka Potente. (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Bourne Supremacy** Spy thriller sequel starring Matt Damon. Former CIA assassin Jason Bourne tries to discover why his enemies want to kill him. With Brian Cox. (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Bourne Ultimatum** Espionage thriller sequel. (2007, 12, 115min) ★★★★
2.05 **The Bourne Legacy** Thriller sequel starring Jeremy Renner. (2012, 12, 129min) ★★★
4.20 **to 6.25** AM **Jason Bourne** Thriller starring Matt Damon. (2016, 12, 123min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.40 AM **Chaplin** As 12.45am.
9.15 **Hamnet** As shown at 10.35pm.
11.25 **Erin Brockovich** Legal drama. (2000, 15, 133min) ★★★★
1.40 PM **Bohemian Rhapsody** Biopic. (2018, 12, 134min) ★★★★
3.55 **Stand by Me** Nostalgic drama. (1986, 15, 89min) ★★★★★
5.35 **The Shawshank Redemption** Drama starring Tim Robbins. (1994, 15, 142min) ★★★★★

8.00 **Empire of the Sun** Steven Spielberg's epic drama starring Christian Bale as a young English boy who learns to survive in a Japanese internment camp in occupied China during World War Two. With John Malkovich. (1987, PG, 152min) ★★★★
10.35 **Hamnet** Historical drama starring Paul Mescal and Jessie Buckley. After losing their son to plague, Agnes and William Shakespeare grapple with grief. (2025, 12, 125min) ★★★★

12.45 AM **Chaplin** Biopic of Charlie Chaplin, starring Robert Downey Jr. (1992, 15, 145min) ★★★
3.20 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
5.20 **to 7.25** AM **Footloose** Dance drama. (2011, 12, 113min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.40 AM **Nosferatu** Fantasy horror. (2024, 15, 132min) ★★★★
10.05 **The Chronicles of Riddick**
12.10 PM **Men in Black: International** Fantasy comedy sequel. (2019, 12, 110min) ★★★
2.20 **Get Out** Mystery thriller. (2017, 15, 104min) ★★★★★
4.15 **Lake Placid** Horror comedy with Bill Pullman and Bridget Fonda. (1999, 15, 82min) ★★★★

5.50 **The Chronicles of Riddick** Adventure sequel starring Vin Diesel. (2004, 15, 119min) ★★★
8.00 **Sinners** Horror starring Michael B Jordan. Twin brothers return to their hometown, and find a dark force waiting to welcome them. (2025, 15, 132min) ★★★★
10.20 **Event Horizon** Sci-fi horror starring Laurence Fishburne. The crew of a recovery vessel encounter an evil presence on board a deserted spacecraft. (1997, 18, 96min) ★★★

12.00 M'T **Mad Max Beyond Thunderdome** Action thriller. (1985, 15, 107min) ★★★
1.55 AM **The Exorcist** Occult horror. (1973, 18, 121min) ★★★★★
4.00 **Lake Placid** As 4.15pm.
5.35 **to 7.35** AM **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.20 AM **The Cinema List**
6.40 **The SpongeBob Movie: Sponge Out of Water** (2015)
8.15 **Dog Man** (2025, U) ★★★★
9.50 **Teenage Mutant Ninja Turtles**
11.35 **Teenage Mutant Ninja Turtles: Out of the Shadows**
1.30 PM **Flushed Away** (2006)
3.00 **Stuart Little** (1999) ★★★★★
4.30 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
6.00 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★

6.00 A Minecraft Movie

7.45 Sonic the Hedgehog 3 Fantasy adventure sequel starring Jim Carrey. The blue hedgehog, Knuckles and Tails reunite to face the might of Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 Lemony Snicket's A Series of Unfortunate Events Fantasy with Jim Carrey. Three orphaned siblings are sent to live with an evil count, unaware he is scheming to steal their inheritance. (2004, PG, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Karate Kid: Legends** Drama. (2025, 12, 94min) ★★★
1.10 AM **Charlotte's Web** Drama. (2006, U, 97min) ★★★
2.50 **Teenage Mutant Ninja Turtles: Out of the Shadows** Action adventure sequel. (2016, 12, 112min) ★★★
4.45 **Cinema List: Family Favourites**
5.15 **to 7.25** AM **Annie** Musical. (1982, U, 128min) ★★★

Sky Cinema Action

306 306 407 507 521

7.30 AM **William Tell** Drama. (2025, 15, 133min) ★★★
9.45 **Homefront** Action thriller. (2013, 15, 98min) ★★★
11.35 **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★
2.25 PM **Transformers: The Last Knight** Sci-fi adventure sequel. (2017, 12, 155min) ★★
5.00 **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★

8.00 Spider-Man: No Way Home

8.00 Spider-Man: No Way Home Fantasy adventure sequel starring Tom Holland, Zendaya and Benedict Cumberbatch. Peter Parker asks Doctor Strange for help to change the past, only to face foes from parallel universes. (2021, 12, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Normal Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Superman** Adventure starring David Corenswet. (2025, 12, 129min) ★★★★
2.25 **The Shadow's Edge** Action thriller starring Jackie Chan. (2025, 15, 141min) ★★★★
4.50 **to 7.00** AM **Kraven the Hunter** Fantasy adventure starring Aaron Taylor-Johnson. (2024, 15, 127min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Caddyshack** Comedy. (1980, 15, 95min) ★★★
9.00 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
10.50 **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
12.50 PM **Ace Ventura Pet Detective**
2.25 **Ace Ventura: When Nature...**
4.05 **Bridesmaids** Comedy. (2011, 15, 124min) ★★★★
6.15 **Little Fockers** Comedy sequel. (2010, 12, 94min) ★★★

6.15 Little Fockers

8.00 Bean Big-screen spin-off from the TV comedy, starring Rowan Atkinson. Disaster-prone Mr Bean creates havoc when he accompanies a valuable painting to America. (1997, PG, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Mr Bean's Holiday Slapstick comedy starring Rowan Atkinson. When accident-prone Mr Bean wins a holiday to France, his clumsy mishaps have unexpected consequences. (2007, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
1.00 AM **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
2.40 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
4.40 **to 6.30** AM **American Pie** Comedy starring Jason Biggs. (1999, 15, 96min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **The Firm** Legal thriller. (1993, 15, 155min) ★★★
9.15 **The Untouchables** Thriller. (1987, 15, 119min) ★★★★★
11.25 **No Country for Old Men** Thriller. (2007, 15) ★★★★
1.30 PM **Mr & Mrs Smith** Comedy thriller. (2004, 15) ★★★
3.35 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
5.45 **Sherlock Holmes: A Game of Shadows** Adventure sequel. (2011, 12, 128min) ★★★

5.45 Sherlock Homes: A Game...

8.00 Inception Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. A corporate spy assembles a team to infiltrate the dreams of a billionaire, but his own guilty dreams of his dead wife threaten to sabotage the mission. With Ken Watanabe. (2010, 12, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 Safe House Thriller starring Ryan Reynolds and Denzel Washington. A CIA agent goes on the run in South Africa with a rogue spy as his prisoner. (2012, 15, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Snatch** Crime comedy. (2000, 18, 102min) ★★★★
2.45 **A Clockwork Orange** Stanley Kubrick's futuristic satire. (1971, 18, 136min) ★★★★
5.05 **to 7.15** AM **A Place Called Silence** Chinese thriller. Subtitled. (2024, 15) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Fantastic Voyage** Thriller. (1966, U, 100min) ★★★★
1.05 PM **The Enemy Below** War adventure. (1957, PG) ★★★★
3.05 **Secret Headquarters** Family comedy adventure. (2022, PG, 104min) ★★★
5.10 **Flamin' Hot** Comedy drama. (2022, 12, 98min) ★★★
7.05 **See How They Run** Mystery comedy with Sam Rockwell. (2022, 12, 98min) ★★★★

9.00 Angel Has Fallen

See How They Run (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Angel Has Fallen Action thriller sequel starring Gerard Butler and Morgan Freeman. Secret Service agent Mike Banning is framed for an assassination attempt on the US president, and races to clear his name. (2019, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Monolith** Mystery thriller starring Lily Sullivan. While trying to salvage her career, a disgraced journalist begins investigating a conspiracy theory. (2022, 15, 90min) ★★★
1.10 **to 3.00** AM **We're All Going to the World's Fair** Coming-of-age horror starring Anna Cobb and Michael J Rogers. (2021, 15, 86min) ★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Animation

302 302 402 502 516

6.05 AM **Tom and Jerry: Forbidden Compass** Animated family adventure. (2025, PG, 104min)
8.00 **Shaun the Sheep Movie** Animated comedy adventure. (2015, U, 85min) ★★★★
9.35 **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
11.05 **Chicken Run** Animated comedy. (2000, U, 84min) ★★★★

12.40 PM **Despicable Me** Animation. (2010, U, 94min) ★★★★
2.20 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
4.00 **Despicable Me 3** Animated sequel. (2017, U, 99min) ★★★
5.35 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
7.05 **Puss in Boots** Animated comedy. (2011, U, 90min) ★★★★
8.40 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
10.25 **DC League of Super-Pets** Animation. (2022, PG) ★★★

12.15 AM **Mr Peabody & Sherman** Animation. (2014, U) ★★★★
1.55 **The Bad Guys 2** Animation. (2025, PG, 104min) ★★★★
3.55 **Cinema List: Family Favourites**
4.25 **to 6.05** AM **Wild Thornberrys Movie** Animated adventure. (2002, U, 85min) ★★★★

Sky Cinema Greats

307 307 404 504 518

6.05 AM **Robin Hood: Men in Tights**
7.55 **Rumble in the Bronx** Action comedy. (1996, 15, 89min) ★★★
9.30 **First Knight** As 5.45pm.
11.45 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
1.30 PM **Robin Hood: Prince of Thieves** Fantasy adventure. (1991, PG, 138min) ★★
3.55 **Robin Hood: Men in Tights** Spoof. (1993, PG, 102min) ★★

5.45 **First Knight** Romantic drama. (1995, PG, 134min) ★★★
8.00 **First Blood** Adventure starring Sylvester Stallone. Vietnam veteran John Rambo runs foul of small-town cops and triggers off a full-scale manhunt. (1982, 15, 93min) ★★★★
9.35 **Rambo: First Blood Part II** Action adventure sequel starring Sylvester Stallone. Vietnam veteran John Rambo goes on a mission to rescue American PoWs. (1985, 15, 96min) ★★★

11.15 **Rambo III** Action adventure sequel. (1987, 18, 101min) ★★★
1.00 AM **GoodFellas** Martin Scorsese's gangster drama. (1990, 18, 143min) ★★★★★
3.25 **True Romance** Crime thriller. (1993, 18, 118min) ★★★★
5.25 **to 7.10** AM **The Italian Job**

Disney+ Cinema

305 305

6.00 AM **Bambi** Animated fantasy. (1942, U, 69min) ★★★★★
7.20 **The Good Dinosaur** Animation. (2015, PG, 101min) ★★★★
8.55 **The Little Mermaid** Animation. (1989, U, 87min) ★★★★★
10.20 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
12.05 PM **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U) ★★★

1.20 **National Treasure** Adventure. (2004, PG, 131min) ★★★★
3.35 **Cool Runnings** Fact-based comedy starring John Candy. (1993, PG, 99min) ★★★
5.15 **The Princess Diaries** Family comedy. (2001, U, 115min) ★★★
7.10 **Percy Jackson: Sea of Monsters** Fantasy adventure sequel starring Logan Lerman. (2013, PG, 102min) ★★★
9.00 **Alien: Covenant** Sci-fi thriller starring Katherine Waterston. (2017, 15, 117min) ★★★

11.00 **Conan the Barbarian** Action fantasy. (1981, 15, 129min) ★★★
1.15 AM **A Complete Unknown** Biopic with Timothée Chalamet. (2024, 15, 140min) ★★★★
3.35 **to 6.00** AM **Mary Poppins Returns** Musical starring Emily Blunt. (2018, U, 130min) ★★★★

Movies 24

312 313 419

7.00 AM **The Reluctant Royal** Comedy. (2025, PG, 84min) ★★
9.00 **The Royal We** Romantic comedy. (2025, PG, 84min) ★★
11.00 **Love in Wolf Creek** Romantic drama. (2022, PG, 85min) ★★
1.00 PM **Toast to Italy** Romantic drama. (2026, PG, 90min) ★★
3.00 **Season's Greetings from Cherry Lane** Festive drama sequel. (2024, PG, 84min) ★★

5.00 **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★
7.00 **Mountain Rescue Romance** Romantic comedy starring Ashley Newbrough. Sparks fly between an avalanche expert and a mountain rescue ranger over the best way to keep people safe. (2023, PG, 84min) ★★
9.00 **Love Under the Lemon Tree** Romantic comedy starring Maddison Bullock and Anthony Coons. (2022, PG, 88min) ★★

11.00 **The Honeymoon Pact** Comedy. (2023, PG, 90min) ★★
1.00 AM **Mystery Island: Winner Takes All** (2025, PG) ★★
3.00 **to 5.00** AM **Branching Out** Drama. (2024, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Colonel March Investigates**
7.20 **Runaround** Game show.
7.50 **Legend of the Hidden City**
8.25 **The Adventures of William Tell**
9.00 **Batman** 22/26. (S3)
9.30 **Hawkeye & the Last of the Mohicans** Period drama.
10.00 **Captain Scarlet and the Mysterons** 25/32. (S1)
10.30 **Supercar** 2/26. (S1)
11.00 **The Buccaneers** 36/39. (S1)

11.30 **The Adventures of Robin Hood**
12.00 NOON **The Great Van Robbery** Thriller. (1958, PG, 80min) ★★
1.20 PM **The Four Feathers** Drama. (1939, U, 130min) ★★★★★
3.35 **Whiplash** 30/34. (S1)
4.10 **The Gift Horse** (1952, PG) ★★★
6.15 **Look at Life** Documentary.
6.25 **Dick Turpin** 11/13. (S1)
7.00 **Maigret** 8/13. (S1)
8.00 **The Duchess of Duke Street**
9.05 **Francis Durbridge's Melissa**
10.10 **Turn the Key Softly** Drama. (1953, b/w, PG, 83min) ★★

11.45 **Eurotrash**
12.20 AM **Fortean TV**
12.55 **One Step Beyond** 18/22. (S1)
1.30 **Take Me Naked** (1966, 15) ★★
2.55 **Snowbeast** Horror. (1977, 15) ★★
4.40 **The Bespoke Overcoat**
5.25 **Cinebox Memories**
5.30 **to 6.00** AM **Honey West**

SATURDAY Sport

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Rugby Greatest Games**
6.05 **LIVE Rugby Union** **Australia v Japan.** Coverage of the match at North Queensland Stadium. Kick-off is at **6.15am**.
8.15 **Sky Sports Breakfast**
10.00 **Sky Sports News**
11.00 **Soccer Saturday Pre-Match**
11.30 **LIVE EFL** **Notts County v Leicester City.** The League One game at Meadow Lane. Kick-off **12.00noon**.
2.45 PM **Gillette Soccer Saturday**
5.15 **LIVE EFL** **Sheffield United v Birmingham City.** Coverage of both teams' opening match of the Championship season held at Bramall Lane. Kick-off **5.30pm**.
8.00 **LIVE PGA Tour Golf** Coverage of day three of the FedEx St Jude Championship at TPC Southwind in Memphis, Tennessee.
11.00 **LIVE WTA & ATP Tennis** Coverage of day three of the Cincinnati Open, the joint ATP 1000 and WTA 1000 hard-court tournaments at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
8.30 **Pl 100 Club: Son Heung-Min**
9.00 **Premier League Stories**
9.30 **Away From Home**
10.00 **Premier League Years**
12.00 NOON **Soccer Saturday Pre-Match** Build-up.
1.00 PM **Gillette Soccer Saturday**
5.30 **Premier League Stories**
6.00 **Arsenal Champions Show**
7.00 **Premier League Years** A look back at the 2025/26 season.
9.00 **Transfer 360** Double bill.
10.00 **Premier League Stories** The top-flight return of Hull City.
10.30 **James Milner: Record Breaker** A look at the midfielder's career.
11.00 **Premier League Years** Classic games, infamous blunders and moments of skill from the 2001/02 season, all set to a specially selected soundtrack.
1.00 AM **PL Retro** Chelsea v Tottenham Hotspur in 2015/16.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League 100 Club: Son Heung-Min**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Highlights**
6.15 **Championship Season Review**
7.15 **EFL Cup Highlights**
7.45 **EFL Highlights** Championship.
8.00 **EFL: The Play-Offs at 40**
9.30 **EFL Highlights**
9.45 **Championship Season Review**
10.45 **EFL Cup Highlights**
11.15 **EFL Highlights** Championship.
11.30 **LIVE EFL** **Notts County v Leicester City.** The League One game at Meadow Lane. Kick-off is at **12.00noon**.
2.45 PM **LIVE EFL** **York City v Bristol Rovers.** Coverage of the League Two match. Kick-off is at **3.00pm**.
5.15 **LIVE EFL** **Sheffield United v Birmingham City.** The Championship match at Bramall Lane. Kick-off **5.30pm**.
8.00 **EFL Cup Highlights**
8.30 **EFL Highlights**
10.45 **EFL Cup Highlights**
11.15 **EFL Highlights** Championship.
2.00 AM **EFL Greatest Games**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2020 final.
5.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.00 **The Hundred** The men's eliminator held at The Kia Oval.
1.30 PM **The Hundred Bitesize**
2.00 **The Hundred** Another chance to see the women's eliminator staged at The Kia Oval in London.
5.15 **The Hundred Bitesize**
6.00 **The Hundred** The men's eliminator held at The Kia Oval.
9.30 **The Hundred Bitesize** Action from the women's eliminator.
9.45 The men's eliminator staged at The Kia Oval in London.
10.00 **The Hundred** Another chance to see the women's eliminator staged at The Kia Oval in London.
1.15 AM **The Hundred Bitesize** Action from SunRisers Leeds Women v Welsh Fire Women.
1.30 Highlights from London Spirit Women v Birmingham Phoenix Women at Lord's.
1.45 Highlights of SunRisers Leeds Men v Welsh Fire Men.
2.00 **The Hundred** Another chance to see the women's eliminator staged at The Kia Oval in London.
5.15 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Playing Lessons**
6.30 **HotelPlanner Tour Golf**
7.00 **PGA Tour Golf** Highlights.
11.00 **Playing Lessons**
11.30 **LIVE DP World Tour Golf** Coverage of day one of the Danish Golf Championship from Great Northern in Kerteminde, Funen.
4.00 PM **LIVE PGA Tour Golf** Coverage of day three of the FedEx St Jude Championship held at TPC Southwind in Memphis.
11.00 **Hall or Nothing: Georgia's Story**
12.00 M'T **Solheim Cup Golf**
1.00 AM **How the 2010 Ryder Cup Was Won** Archive highlights.
3.00 **PGA Tour Golf**
4.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
4.00 PM **LIVE WTA & ATP Tennis** Coverage of day three of the Cincinnati Open held at Lindner Family Tennis Center in Ohio.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **PL Greatest Games**
6.15 **LIVE NRLW** **Parramatta Eels v Canterbury-Bankstown Bulldogs.** From CommBank Stadium. K-o **6.15am**.
8.15 **LIVE NRLW** **Brisbane Broncos v Sydney Roosters.** Coverage from Suncorp Stadium. Kick-off **8.15am**.
10.15 **PL Greatest Games**
11.00 **NFL Highlights**
12.00 NOON **My Icon** Sporting heroes.
12.30 PM **Darts Top 5 Moments**
12.35 **Darts Gold** Archive action.
12.45 **The Mensur Suljovic Story**
1.00 **LIVE Ladies European Tour Golf** Coverage of day three of the VP Bank Swiss Ladies Open.
4.00 **NFL Highlights**
5.00 **30 Years of the PDC World Champs** A celebration.
5.30 **NFL Highlights**
5.45 **LIVE Rugby Union** **Bulls v New Zealand.** Coverage of the match at Loftus Versfeld Stadium. Kick-off **6.00pm**.
8.00 **LIVE LPGA Tour Golf** Coverage of day three of the Standard Portland Classic.
11.00 **NFL Highlights**
12.00 M'T **Championship Retro**
2.45 AM **Darts Top 5 Moments**
2.50 **LIVE NRLW** **Newcastle Knights v Canberra Raiders.** Coverage from McDonald Jones Stadium. Kick-off **2.50am**.
4.45 **to 6.45** AM **LIVE NRLW** **Wests Tigers v New Zealand Warriors.** Kick-off **4.45am**.

TNT Sports 1

410 413 521 408 430

6.30 AM **The Fantasy Show**
7.00 **LIVE Snooker: China Open** Coverage of the first session from the semi-finals staged at Riverside Sports Centre, Taiyuan.
10.30 **LIVE Formula E** The London ePrix qualifying session one staged at ExCeL London Circuit.
12.15 PM **TNT Sports Reload**
12.30 **LIVE Snooker: China Open** Coverage of the second session from the semi-finals in Taiyuan.
4.00 **Ultimate Pool** Recent action.
5.30 **No Filter Football**
5.45 **MLB Highlights**
7.15 **LIVE MLB** **Chicago Cubs v St Louis Cardinals.** Coverage of the National League match from Wrigley Field. Start-time **7.20pm**.
10.00 **MLB Plays of the Week**
10.30 **TNT Sports Reload**
10.45 **UFC Breakdown**
11.15 **The Verdict** UFC 330 preview.
12.00 M'T **LIVE UFC** Preliminary bouts.
2.00 **to 6.00** AM **LIVE UFC** **Islam Makhachev v Ian Machado Garry.** Coverage of the welterweight title bout from Xfinity Mobile Arena in Philadelphia.

TNT Sports 2

411 414 522 409 431

6.00 AM **Men's Cycling Pro Series**
7.00 **LIVE AFL** **Brisbane Lions v Gold Coast Suns.** Bounce-up **7.15am**.
10.00 **LIVE AFLW** **Richmond Tigers v Collingwood Magpies.** Bounce-up **10.15am**.
12.00 NOON **Premier League Stories**
12.30 PM **British Superbikes Rewind**
1.00 **LIVE British Superbikes** The first day of the seventh round of the season at Thruxton Circuit.
6.00 **MotoGP Highlights**
7.00 **LIVE T100 Triathlon World Tour** Coverage of the latest event from Vancouver, Canada.
11.00 **Training Day** Baseball action.
11.15 **MLB Highlights**
12.15 AM **LIVE MLB** **Los Angeles Dodgers v Milwaukee Brewers.** National League match from Dodger Stadium. Start-time **12.15am**.
3.00 **MLB Plays of the Week**
3.30 **LIVE AFLW** **Essendon Bombers v Brisbane Lions.** Coverage of the match at Windy Hill. Bounce-up **3.35am**.
5.30 **Playing for Our Future: Rugby**
5.45 **to 6.00** AM **TNT Sports Reload**

Sky Sports Action

412 410 510 426 446

6.00 AM **Rugby Greatest Games**
6.05 **LIVE Rugby Union** **Australia v Japan.** Coverage of the match at North Queensland Stadium. Kick-off **6.15am**.
8.15 **Super League Highlights**
8.30 **LIVE NRL** **Parramatta Eels v North Queensland Cowboys.** Coverage of the match held at CommBank Stadium. Kick-off **8.30am**.
10.35 **LIVE NRL** **Brisbane Broncos v New Zealand Warriors.** From Suncorp Stadium. Kick-off **10.35am**.
12.35 PM **Rugby Greatest Games**
12.45 **Super League Highlights**
1.00 **NFL Highlights**
2.00 **Rugby Union Highlights**
4.15 **Super League Highlights**
5.00 **LIVE Super League** **Wakefield Trinity v St Helens.** Coverage from DIY Kitchens Stadium. Kick-off **5.30pm**.
8.00 **NFL Bitesize Highlights**
8.30 **International Rugby Union**
10.40 **Rugby Greatest Games**
10.45 **NFL Highlights**
2.00 AM **Super League**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **LIVE NRL** **Parramatta Eels v North Queensland Cowboys.** Coverage of the match from CommBank Stadium. Kick-off **8.30am**.
10.30 **Sky Sports News**
11.00 **Soccer Saturday Pre-Match**
11.30 **LIVE EFL** **Bolton Wanderers v Preston North End.** The Championship match at Toughsheet Community Stadium. Kick-off **12.30pm**.
2.45 PM **LIVE EFL** **Middlesbrough v Lincoln City.** Coverage of the Championship match at Riverside Stadium, as these teams face each other for the first time since the 1960/1961 season. Kick-off **3.00pm**.
5.00 **LIVE Super League** **Wakefield Trinity v St Helens.** Coverage from DIY Kitchens Stadium. Kick-off **5.30pm**.
7.45 **LIVE WTA & ATP Tennis** Coverage of day three of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 3

413 415 523 410 432

7.00 AM **MotoGP Rewind**
7.15 **The Gruppetto** Cycling news.
7.30 **LIVE European Athletics Championships** In Birmingham.
1.30 PM **LIVE Men's Cycling** Stage three of the Arctic Race of Norway.
2.30 **LIVE Men's Cycling** The third stage of the Tour of Czechia.
4.00 **LIVE Men's Cycling** The third stage of the Arctic Race of Norway.
5.00 **Tour de France Women**
6.00 **Sign Up – Into Football**
7.00 **CPL Highlights**
7.30 **LIVE European Athletics Championships** The evening session on day six in Birmingham.
10.00 **Test Cricket Highlights**
11.00 **British Superbikes**
11.30 **Premier League Stories**
12.00 M'T **CPL Highlights**
12.30 AM **LIVE CPL** **Jamaica Kingsmen v Trinbago Knight Riders.** At Sabina Park.
4.45 **TNT Sports Cricket Reload**
5.00 **to 5.30** AM **British Superbikes**

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE Test Cricket** **Sri Lanka v India.** Coverage of day one of the first Test in the two-match series staged at Galle International Stadium.
1.30 PM **CPL Highlights** Action from Saint Lucia Kings v Antigua & Barbuda Falcons.
2.00 **LIVE Formula E** The London ePrix race one at ExCeL London Circuit. Start-time **3.05pm**.
4.30 **LIV Golf** Action from New Jersey.
5.30 **AFL** Action from four matches in the 23rd round of fixtures.
11.30 **Snooker: China Open** Action from day eight held at Riverside Sports Centre in Taiyuan.
1.30 AM **Men's Cycling Pro Series**
4.30 **Discovery Golf**
5.00 **TNT Sports Cricket Reload**
5.15 **to 6.00** AM **LIVE Test Cricket** **Sri Lanka v India.** Coverage of day two of the first Test in the two-match series staged at Galle International Stadium.

Premier Sports 1

419 APP 528

6.00 AM **UEFA Conference League** A replay of Shelbourne v Ajax.
8.00 **3Ice Hockey** Action from the three-on-three ice hockey league.
11.00 **Football** A replay of Manchester United v Leeds United.
1.00 PM **Football's Greatest**
1.30 **Temples of Sport** Iconic sporting venues from around the globe.
2.00 **Premier Sports Cup** A chance to see Kilmarnock v Ayr United.
4.00 **Temples of Sport**
5.00 **LIVE Premier Sports Cup** **Dundee United v Celtic.** Coverage of the second-round game at The CalForth Construction Arena. Kick-off **5.45pm**.
8.30 **Football's Greatest**
9.30 **LaLiga** Alaves v Getafe.
11.30 **Premier Sports Cup**
1.30 AM **Sporting Greats**
2.00 **Football** Everton v Newcastle.
4.00 **Sporting Greats**
4.30 **World of FreeSports**
5.00 **to 6.00** AM **NASCAR**

Premier Sports 2

420 APP 529

6.00 AM **Argentine Primera**
8.00 **Coppa Italia** Monza v Avellino.
10.00 **Football's Greatest**
10.30 **NASCAR Trucks** Highlights from Richmond Raceway.
1.30 PM **Motorsport** Valentino Rossi.
3.00 **Football's Greatest**
3.30 **Argentine Primera** Another chance to see Tigre v River Plate.
5.25 **LIVE Coppa Italia** **Udinese v Padova.** Coverage of the first-round game at Bluenergy Stadium. Kick-off **5.30pm**.
7.40 **LIVE Coppa Italia** **Venezia v Modena.** Coverage of the first-round match at Stadio Pier Luigi Penzo. Kick-off **7.45pm**.
10.00 **Football's Greatest**
11.00 **Bike World** Magazine.
11.30 **LIVE NASCAR** Coverage of the Cook Out 400, the 24th round of the season staged at Richmond Raceway in Richmond, Virginia.
5.00 AM **Bike World** Highlights.
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
10.00 **British Kart Championships**
11.00 **Formula 1** Hungarian Grand Prix.
1.15 PM **F1 Features**
2.00 **British Kart Championships**
3.00 **LIVE Indycar** The Indy at Markham second practice session.
4.30 **Ferrari Challenge UK**
5.00 **Formula 1** Hungarian Grand Prix.
6.00 **British GT Championship**
7.05 **F1 Features**
7.25 **LIVE Indycar** The Indy at Markham qualifying session.
8.55 **Lewis Hamilton IV**
9.00 **Indycar** Grand Prix of Portlan.
10.00 **British Kart Championships**
11.00 **Indycar** The Indy at Markham.
12.30 AM **Ferrari Challenge UK**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

16 August

Planner

FA Community Shield

FOOTBALL TNT Sports1 & HBO Max, k-o 3pm

This traditional curtain-raiser to the new season sees last season's Premier League champions Arsenal take on FA Cup winners Manchester City at the Principality Stadium in Cardiff.

Van der Valk

CRIME DRAMA ITV1, 8pm

In the concluding episode of the run, the team are investigating the death of a scientist who was close to a breakthrough with their cancer research. What was the discovery, why did someone want him dead – and could the science save Hendrik?

Sunny Nights

COMEDY ITV1,10.15pm (box set, ITVX)

American brother-and-sister entrepreneurs Martin (Will Forte) and Vicki (D'Arcy Carden) arrive in Australia to launch their spray-tanning company – but soon find themselves dragged into the Sydney criminal underworld.

25 Years in Afghanistan

DOCUMENTARY ITV1,11.15pm

In this updated version of the BAFTA-winning film *My Childhood, My Country: 20 Years in Afghanistan*, Mir Hussain and his family show us how their lives have had to adapt under the new regime.

Sunday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.30 Antiques...	7.30 Athletics: European Championships – Live: Coverage of the evening session on day seven					10.00 News	10.30 Film: Mission...
	102 BBC2	‹ 6.00 Cricket: The Hundred – Live: The men's final (Start-time 6.00)					9.30 QI	10.00 Film: The French Connection	
	103 ITV1	7.00 Force of Nature		8.00 Van der Valk				10.15 Sunny Nights	
	104 CHANNEL 4	7.00 Gogglebox		8.00 Richard E Grant's Very Modern Odyssey		9.00 The Piano		10.00 Celebrity Gogglebox	
	105 5	‹ 6.30 Birds of a Feather: 30 Years of...		8.00 Dogs Behaving (Very) Badly		9.00 Inside the Four Seasons: Park Lane		10.00 When Caravan Holidays Go Horribly...	
	106 SKY ONE	‹ 5.30 Cricket: The Hundred – Live: The men's final (Start-time 6.00)					9.30 Film: Mr & Mrs Smith		
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Vigil			
	116 BBC4	7.00 The Best of Bill...	7.30 Birding with Bill...	8.00 Bill Oddie's Top Ten Birds		9.00 Debuts at the Proms		9.55 Black Watch	
	118 ITV2	‹ 6.40 Film: Hairspray				9.00 The Only Way Is Essex		10.00 Olivia Attwood: The Price of Perfection	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 Surgeons: Life in Their Hands		10.00 24 Hours in A&E	
	135 E4	‹ 5.50 Lego Masters...	7.30 Football: WAFCON Final – Live: The showpiece match in the Women's Africa Cup of Nations (Kick-off 8.00)						
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam				10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.50 The Last of Us				9.00 House of the Dragon			10.25 Gomorrah: The...
	110 U&GOLD	‹ 6.15 Fawlty Towers: The Play		8.20 Fawlty Towers		9.00 The Office	9.40 Gavin & Stacey	10.20 The Royle Family	
	111 U&DAVE	7.00 Guy Martin: Proper Jobs		8.00 Pete Wicks: For Dogs' Sake		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.05 Midsomer Murders		8.00 Midsomer Murders				10.00 Vera	
	120 ITV4	7.00 Sharpe					9.15 Film: Under Siege 2		
	112 COMEDY CENTRAL	7.00 Friends	7.30 Bradley &...	8.00 The Best of Mr Bean		9.00 Film: Instant Family			
	145 SKY SCI-FI	7.00 Stargate Atlantis				9.00 Stargate Universe			
	143 U&DRAMA	7.00 Hetty Wainthropp Investigates		8.00 Sister Boniface Mysteries		9.00 Silent Witness			
	109 U&ALIBI	7.00 Death in Paradise		8.00 Father Brown		9.00 Beyond Paradise		10.00 The Hunting Party	
	122 SKY ARTS	7.00 Grand Ole Opry: Opry Live		8.00 Discovering: Sean Connery		9.00 Film: Highlander			
	132 U&W	7.00 Inside the Ambulance		8.00 Inside the Operating Theatre				10.00 Brit Cops Down Under	
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Barnwood Builders		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 Alaskan Bush People: Bushcraft...		10.00 Tanked	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Lost Treasures of Ancient Greece		9.00 Drain the Titanic: A Ship Reborn		10.00 Titanic: The Final Secret	
	123 SKY HISTORY	7.00 Ultimate Mysteries				9.00 Britain's Murder Map with Vicky McClure and Jonny Owen			
	155 U&YESTERDAY	7.00 1066: A Year to Conquer England		8.00 Bangers & Cash				10.00 Canal Boat Diaries	
	114 SKY DOCS	‹ 6.00 Savage Mountain		8.00 Film: Touching the Void				10.00 The Alabama Solution	

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
7.25 **LIVE** **Athletics: European Championships** The opening session on day seven, featuring the men's and women's marathons. *Continues at 7.30pm on BBC1.* (S)
10.35 **FILM** **Lyle, Lyle, Crocodile** Musical comedy starring Javier Bardem. (S)(AD) (2022, PG, 100min) ★★★
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Money for Nothing** (S)(R)
2.35 **Escape to the Country** (S)(R)
3.05 **The Mating Game** (S)(R)(AD)
4.05 **Homes Under the Hammer** (S)(R)
5.05 **BBC News** (S)
5.20 **Local News** (S)
5.30 **Countryfile** New edition Adam Henson meets 27-year-old farmer Georgia Hunter in Cumbria. (S)

5.30 Countryfile

6.30 **Antiques Roadshow** Fiona Bruce presents the show from the grounds of Brodie Castle in Scotland, where treasures include a curling trophy and football memorabilia that reunites a family. (S)(R)

7.30 **LIVE** **Athletics: European Championships** Gabby Logan introduces coverage of the evening session on the concluding day from the Alexander Stadium. Recently crowned Commonwealth 800m champion Georgia Hunter-Bell and two-time winner of the race Laura Muir will hope to be contenders for Great Britain in the 1500m, which was won by Ireland's Ciara Mageean two years ago. Plus, the men's and women's 4x400m and mixed 4x100m take place alongside the finals of the men's 3,000m steeplechase, and the women's javelin and long jump. (S)

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **FILM** **Mission: Impossible II** John Woo's action thriller sequel starring Tom Cruise and Dougray Scott. Special agent Ethan Hunt teams up with a cat burglar in order to track down a villain who has a deadly virus at his disposal. With Thandie Newton, Ving Rhames and Anthony Hopkins. (S)(AD) (2000, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.25 AM **Countryfile** (S)(R)
7.25 **Breakfast** (S)
9.00 **Prayer and Reflection** (S)(R)
9.30 **FILM** **Top Hat** Musical starring Fred Astaire and Ginger Rogers. (S) (1935, b/w, U, 95min) ★★★★★
11.05 **The Best Dishes Ever** (S)(R)
11.35 **The Great British Sewing Bee** 5/10. Sport Week. (S)(R)(AD)
12.35 PM **FILM** **Superman IV: The Quest for Peace** Fantasy sequel starring Christopher Reeve and Gene Hackman. The Man of Steel attempts to rid the world of nuclear weapons. (S) (1987, PG, 85min) ★
2.00 **LIVE** **Cricket: The Hundred** Coverage of the women's final staged at Lord's, featuring the Eliminator-winners and the team that topped the round-robin stage at Lord's. Start-time is at 2.15. (S)

10.00 The French Connection

6.00 **LIVE** **Cricket: The Hundred** Coverage of the men's final at Lord's, featuring the winners of the Eliminator and the team that finished top of the table. MI London, then known as Oval Invincibles, were the victorious team last year, overcoming Trent Rockets by 26 runs with the help of bowling figures of 25/3 from Nathan Sowter. Start-time is at 6.00. (S)

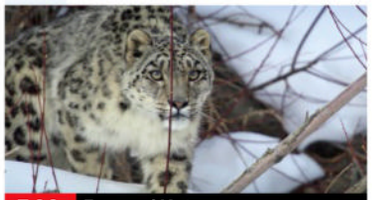
9.30 **QI** Guests Ed Byrne, Cally Beaton and Jack Dee join regular Alan Davies on the comedy panel quiz, with Sandi Toksvig asking questions on the theme of all things theatrical. (S)(R)

10.00 **FILM** **The French Connection** Oscar-winning thriller starring Gene Hackman. A tough New York police detective wages a one-man war on a drugs syndicate. With Roy Scheider and Fernando Rey. (S)(AD) (1971, 18, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.40 **FILM** **Bonnie and Clyde** Vintage gangster thriller starring Warren Beatty and Faye Dunaway as the legendary Depression-era outlaws. With Gene Hackman. (S) (AD) (1967, 15, 110min) ★★★★★
1.30 AM **Sign Zone: Ann Droid** 5/6. Sue goes camping to see a meteor storm. (S1) (S)(R)(AD)
2.00 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's American Adventure** Dallas. (S)(R)(AD)
7.00 **James Martin's Saturday Morning** With Josie Gibson. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** With Eileen Atkins. (R)
11.30 **Fern Britton: Inside the Vet's** Series finale 6/6. Andy performs surgery on a dog. (S)(AD)
12.30 PM **Tom Kerridge Cooks Italy** (R)
1.00 **ITV News** (S)
1.05 **Force of Nature** (S)(R)(AD)
2.10 **FILM** **Octopussy** James Bond adventure starring Roger Moore. (S)(AD) (1983, PG, 155min) ★★★
4.45 **The Chase Celebrity Special** With Raj Bisram, Danielle Harold, John Conteh and Roger Black. (S)(R)
5.45 **The Chase Around the World** The teams land in Zurich. (S)(R)(AD)



7.00 Force of Nature

6.40 **ITV News** (S)
6.50 **Local News** (S)

7.00 **Force of Nature** New edition *Melting Worlds:* 4/6. How animals adapted to the cold are struggling in a warming world, including a snow leopard and an Arctic fox. (S)(AD)
■ Entire series on ITVX

8.00 **Van der Valk** Series finale *Secrets in Amsterdam:* 3/3. When a scientist researching a potential breakthrough in the treatment of cancer is found dead, seemingly assassinated by a professional killer, Piet has to discover why he was killed and what the possible link is to pharmaceuticals billionaire Freddie Klink. (S4) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.15 **NEW SERIES** **Sunny Nights** 1/8. Australian comedy drama starring Will Forte and D'Arcy Carden. American sibling entrepreneurs are dragged into the Sydney underworld after encountering a con artist. *See feature, page 12.* (S1) (S)(AD)
■ Entire series on ITVX
11.15 **NEW** **25 Years in Afghanistan** Revisiting the subject of 2021 documentary *My Childhood, My Country: 20 Years in Afghanistan.* (S)
1.05 AM **Teleshopping**
3.00 **Inside Iran: War & Revolution** (R)
4.10 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Motorsport UK** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

5.50 AM **Cheers** (S1&2) (S)(R)
7.40 **Everybody Loves Raymond** (S)(R)
8.30 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Al Murray, Layton Williams, Danny O'Donoghue, Gareth Malone and Saffron Hocking. Plus, music by Mystery Jets. (S)
1.00 PM **The Dog House** (S)(R)(AD)
2.00 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
4.35 **Our Farm Next Door: Amanda, Clive and Kids** 5/5. The planners agree that renovation can now extend into the barn. (S)(R)(AD)
5.35 **Worst House on the Street** Scarlette and Stuart face one of their biggest challenges to date as they help a couple renovate a derelict three-bedroom house on the Isle of Sheppey. (S)(R)(AD)

8.00 Very Modern Odyssey

6.30 **News** (S)

7.00 **Gogglebox** New edition A compilation of highlights from series 27, in which the Gogglebox offered their opinions on the biggest and best TV shows. (S)(AD)

8.00 **Richard E Grant's Very Modern Odyssey** New edition 3/4. Richard reaches the Tunisian island of Djerba, where he becomes immersed in a world of bustling Arabic markets. (S)(AD)

9.00 **The Piano** New edition The wildcard pick is revealed, and Mika, Claudia Winkleman and Jon Batiste prepare the finalists for the concert at Birmingham Symphony Hall. (S)(AD)

10.00 **Celebrity Gogglebox** Famous faces share their thoughts on *Casualty, The 1% Club for Soccer Aid, Clarkson's Farm, Heretic, The Yorkshire Vet: At Home with the Greens* and *This Morning.* (S)(R)(AD)
11.05 **FILM** **Alice, Darling** Thriller with Anna Kendrick and Charlie Carrick. (S) (2022, 15, 100min) ★★★★
12.45 AM **Ramsay's Hotel Hell** (S)(R)
1.35 **Secret Lives of Gypsy Wives** (R)
2.25 **Couples Come Dine with Me** (R)
3.20 **Levison Wood: Walking with Lions** (S)(SL)(R)(AD)
4.15 **Fur Babies** (S)(SL)(R)(AD)
5.10 **The Dog House** (S)(R)(AD)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.05 **Entertainment News** (S)
9.15 FILM **The SpongeBob SquarePants Movie** Animated family adventure. (S) (2004, U, 105min) ★★★★
11.00 **Happy Campers: The Caravan Park** Double bill. (S)(R)
1.00 PM **Cruising with Susan Calman** Double bill. (S)(R)
3.00 **Croc Watch with Steve Backshall** The naturalist gets up and close and personal with crocodiles to reveal what makes them so deadly. (S)(R)
4.00 Steve comes face to face with a living legend – the world's oldest crocodile. (S)(R)
5.00 **Sicily with Michael Portillo** Michael explores the Italian island's capital Palermo. (S)(R)

9.00 Inside the Four Seasons

6.25 **News** (S)
6.30 **Birds of a Feather: 30 Years of Laughs** A celebration of the comedy series, revisiting memorable moments and taking a look behind the scenes and featuring insight from stars including Lesley Joseph and Linda Robson. (S)(R)
8.00 **Dogs Behaving (Very) Badly** Graeme Hall meets labrador Onni and poodle cross Fergus, that make focusing on driving almost impossible for their owners. (S)(R)
9.00 **Inside the Four Seasons: Park Lane** New edition 3/5. Director of engineering Gary begins the Presidential Suite refresh, ensuring every detail meets the hotel's high standards. (S)
10.00 **When Caravan Holidays Go Horribly Wrong** Accounts of disastrous caravan vacations, including a caravan that detached itself and went hurtling down a motorway. (S)(R)
11.30 **Britain's Worst Weather Disasters** Documentary. (S)(R)
1.00 AM **Teleshopping** (S)
2.00 **GPs: Behind Closed Doors** (R)
2.50 **Tom Read Wilson's Grand Tour** A visit to Italy. (S)(R)
3.40 **Friends** (S9) (S)(R)
4.35 **Cruising with Susan Calman** The Caribbean. (S)(SL)(R)(AD)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **S.W.A.T.** (S1) (S)(R)(AD)
9.00 **A Cheetah's Pride** (S)(R)
10.00 **Macaque Island** A brawl erupts after the Street Troop finds the Hill Troop on their turf. (S)(R)
11.00 **The Simpsons** Four episodes of the animated comedy. (S)(R)
1.00 PM **Best Medicine** 11/13. Port Wenn is locked down after a patient with fleas sparks fears of a plague outbreak. (S1) (S)(R)
2.00 LIVE **Cricket: The Hundred** Coverage of the women's final staged at Lord's, between the Eliminator-winners and the team that topped the round-robin stage. Sunrisers Leeds are the reigning champions, having defeated Southern Brave by seven wickets last year. Start-time is at 2.15.

9.30 Mr & Mrs Smith

5.30 LIVE **Cricket: The Hundred** Coverage of the men's final from Lord's, featuring the winners of the Eliminator and the team that finished top of the table. MI London, then known as Oval Invincibles, were the victorious team last year, overcoming Trent Rockets by 26 runs with the help of bowling figures of 25/3 from Nathan Sowter. Start-time is at 6.00.
9.30 FILM **Mr & Mrs Smith** Black comedy thriller starring Brad Pitt and Angelina Jolie. A pair of married assassins who are unaware of one another's real professions have 48 hours to kill each other after their covers are blown. With Vince Vaughn, Adam Brody and Kerry Washington. (S) (2004, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.45 **La Brea** 13/14. Levi is given a chance at redemption. (R)(AD)
12.45 AM 14/14. Eve and her family make a desperate attempt to set things right. (S2) (R)(AD)
1.40 **The Walking Dead: Dead City** 3/8. Negan tries something with the Croat, while Maggie travels to a dangerous and surprising place. (S2) (S)(R)(AD)
2.40 **Road Wars** Triple bill. (S)(R)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Neil Martin – Bóthar an Cheoil (S)(R)
11.20-11.40pm Barra on the Foyle (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y Cosmos **10.00** Gwesty Aduniad **11.00** Garddio a Mwy **11.30** Cartrefi Cymru **12.00noon** Natur Cymru **1.00pm** Yr Afon **2.00** Iaith ar Daith **3.00** Priodas Pum Mil **4.00** Arfordir Cymru: Sir Benfro (AD) **4.35** Y Fets **5.40** Cefn Gwlad (AD) **6.40** Pobol y Cwm Omnibws (AD) **7.45** Newyddion a'r Tywydd **8.00** Sioe Môn **9.00** Cynefin **10.00** Y Babell Lên **10.30** Y Babell Lên **11.00-11.35pm** Cymoedd Roy Noble

TV&Streaming week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Amy, Avani, Denzel, Barney, Ricky, Will, Lily and Nugget secretly meet to discuss Joel. **7.30** Suki and Eve host a birthday party for Ria. **8.00** Chelsea's family rally together in her time of need. **8.30** Ian finds himself in a worrying situation.
9.00 **Vigil** 1/6. Thriller starring Suranne Jones and Rose Leslie. A crew member is found dead under suspicious circumstances aboard a nuclear submarine, so a police inspector is sent on board to investigate. **10.00** 2/6. Amy suspects her investigation has been deliberately obstructed. **11.00** 3/6. Kirsten believes the murders were part of a coordinated attack. (S1)
12.00 M'T FILM **Mothers' Instinct** Thriller starring Anne Hathaway and Jessica Chastain. An accident shatters the harmonious lives of two housewives. (2024, 15, 94min) ★★★★
1.30 **to 3.55** AM **Him & Her**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Grand Designs: Living in the Wild**
10.00 **A Place in the Sun**
3.50 PM **Come Dine with Me** Rapper Adam hosts the first dinner party in Brighton. **4.20** Copywriter Will serves up a vegetarian meal. **4.50** Retired advertising sales director Gill hosts. **5.20** Teacher Jo is the fourth to host in Brighton. **5.50** Social worker Ruth tries to impress with her Jewish-Irish fusion menu.
6.20 **Four in a Bed** The contest begins at the Mayfield Hotel in Seaburn, Sunderland. **6.55** From the Sutherlands Hotel in Gateshead. **7.25** A visit to Brampton Dales Farm in Gainsborough. **7.55** The final visit is to Valley View in Pendle, Lancashire. **8.25** Payment Day arrives.
9.00 **Surgeons: Life in Their Hands** Jolene undergoes complex surgery to remove a recurrence of a rare type of cancer.
10.00 **24 Hours in A&E** A cyclist is sent for a CT scan after falling from her bike, and a woman arrives in resus suffering from blood loss.
11.05 **24 Hours in A&E**
12.05 AM **Surgeons: Life in Their Hands**
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **The Best of Bill Oddie Goes Wild** Highlights of the late presenter's wildlife show.
7.30 **Birding with Bill Oddie** The late presenter revisits his childhood birding haunts.
8.00 **Bill Oddie's Top Ten Birds** The late presenter counts down the UK's 10 most-loved and 10 most-hated birds.
9.00 **Debuts at the Proms** New edition A celebration of moments that made Proms history, with landmark premieres and remarkable debuts, including the first appearances of artists, orchestras and instruments.
9.55 **Black Watch** A performance of Gregory Burke's play, starring Brian Ferguson.
11.30 **Black Watch: A Soldier's Story** Examining the National Theatre of Scotland's play.
12.30 AM **Jane Austen: The Unseen Portrait?**
1.30 **Debuts at the Proms**
2.30 **The Best of Bill Oddie Goes Wild** As 7.00pm.
3.00 **to 3.30** AM **Birding with Bill Oddie**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks Omnibus**
7.10 **Modern Family**
7.40 **Ramsay's Kitchen Nightmares USA**
10.30 **The Simpsons**
12.25 PM FILM **Mr Popper's Penguins** Comedy starring Jim Carrey. A high-flying Manhattan real-estate agent inherits a group of penguins that wreak havoc in his life. (2011, PG, 94min) ★★★
2.15 **The Simpsons**
4.45 **Cruising Paradise: Above and Below Deck**
5.50 NEW SERIES **Lego Masters Australia** 1/11. Hamish Blake hosts with judge Ryan 'Brickman' McNaught, as veteran *Lego Masters* contestants from across seven countries compete in a Grandmasters of the Galaxy battle.
7.30 LIVE **Football: WAFCON Final** Coverage of the showpiece match in the Women's Africa Cup of Nations. Kick-off is at 8.00.
10.45 **The Inbetweeners** *Thorpe Park:* 3/6. Simon passes his driving test, so the lads decide to take a trip to a theme park. (S1)
11.15 **The Inbetweeners**
12.50 AM **Gogglebox**
1.55 **Below Deck: Mediterranean**
3.50 **The Inbetweeners**
4.15 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 | 306 | 30 | 123 | 256

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **A1: Britain's Longest Road**
9.00 **Customs UK**
10.00 **Stop, Search, Seize**
11.00 **Border Patrol**
12.00 NOON **Customs UK** Officers from the cutter *Searcher* board a suspicious yacht off Cornwall. **12.30** PM A man is caught smuggling cocaine in Bristol.
1.00 **UK Border Force** Officers search UK-bound lorries for illegal immigrants.
2.00 **Nothing to Declare** Ten editions of the documentary.

11.00 Law & Order: Criminal...

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Homicide: Life on the Street**
10.15 **The Last of Us** Eight episodes, including at: **3.25** PM 5/9. Joel and Ellie encounter the most wanted man in Kansas City. **4.35** 6/9. Joel and Ellie travel deeper into dangerous territory. **5.45** 7/9. As Joel fights to survive, Ellie looks back on the night that changed everything. **6.50** 8/9. Ellie crosses paths with a vengeful group of survivors. (S1)

10.25 Gomorrah: The Origins

ITV2

118 122 115 6 113 6

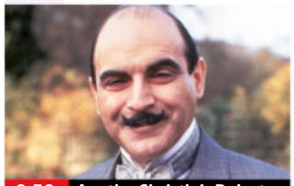
6.00 AM **Deal or No Deal**
7.05 **In for a Penny**
7.35 **Dress to Impress**
8.35 **The Only Way Is Essex**
10.35 **Deal or No Deal**
1.40 PM **Celebrity Catchphrase**
2.45 **FILM Charlotte's Web** Screen version of EB White's classic children's book starring Dakota Fanning. (2006, U, 97min) ★★★
4.35 **FILM Matilda** Roald Dahl's dark fantasy starring Danny DeVito and Rhea Perlman. (1996, PG, 98min) ★★★★

4.35 Matilda

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **A Touch of Frost**
8.50 **Doc Martin** 8/8. (S8)
9.50 **Agatha Christie's Poirot** Back-to-back episodes.
2.15 PM **Midsomer Murders** *Written in the Stars:* An astronomer is killed during a total eclipse of the sun. **4.10** *Death and the Divas:* A series of murders echoing the plots of horror films. **6.05** *The Sicilian Defence:* Members of a chess club are targeted by a killer.



9.50 Agatha Christie's Poirot

ITV4

120 124 118 26 117 21

6.00 AM **River Monsters**
6.30 **Motorsport Mundial**
7.00 **Auto Mundial**
7.30 **British Touring Car Championship Highlights**
9.00 **English Football League Highlights** Action from the opening round of EFL fixtures.
10.30 **Cadfael**
12.10 PM **River Monsters**
1.10 **Sharpe**
3.30 **LIVE Racing: Sky Bet Sunday Series** Oli Bell presents coverage of the final round of the series from Pontefract.

9.15 Under Siege 2

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.55 The Last of Us *Look for the Light:* 9/9. Joel and Ellie near the end of their journey, while a flashback reveals a woman placing her trust in a lifelong friend. (S1)

6.40 FILM Hairspray Musical comedy starring Nikki Blonsky, John Travolta and Michelle Pfeiffer. In 1962 Baltimore, a chubby teenager yearns to win a spot on a local TV dance show. With Christopher Walken. (2007, PG, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

Midsomer Murders (started at 6.05pm)

7.00 Sharpe *Sharpe's Revenge:* 1/3. Framed by long-time enemy Ducos for stealing Napoleon's treasures, Sharpe is abandoned by his wife Jane, and goes on the run until he can prove his innocence. (S5)

8 PM

8.00 Caught on Dashcam New edition Road disasters captured on video by drivers' dashboard cameras.

8.00 Midsomer Murders *Schooled in Murder:* When a dairy worker is crushed to death by a giant round of cheese at the home of the world-famous Midsomer Blue, Barnaby and Jones are soon on the case.

9 PM

9.00 Caught on Dashcam Outrageous road disasters, captured in video form by drivers' in-vehicle dashboard cameras.

9.00 House of the Dragon 8/8. *Game of Thrones* prequel following the story of House Targaryen. Stars Matt Smith. (S3)

9.00 The Only Way Is Essex New edition In the Albanian sunshine, friendships are tested and are loyalties questioned.

9.15 FILM Under Siege 2 Action thriller sequel starring Steven Seagal. Former naval commando-turned-chef Casey Ryback tries to thwart a psychotic criminal who has hijacked a transcontinental train. (1995, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

10.00 The Rookie *Double Down:* 1/22. Bradford and Chen go undercover to track down the leaders of a criminal enterprise. (S5)
11.00 **Law & Order: Criminal Intent**
12.00 M'T **FBI & FBI: Most Wanted**
2.00 AM **Law & Order: Special Victims Unit** New episode 13/21. Crime drama. (S27)
3.00 **Brit Cops: Law & Disorder**
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

10.25 Gomorrah: The Origins 5/6. Pietro and Imma come to terms with what happened the night before. Subtitled. (S1)
11.30 **Gomorrah: The Origins** 6/6. Italian drama. Subtitled. (S1)
12.35 AM **Homicide: Life on the Street** 6&7/22. (S5)
2.40 **Billions** 8/12. (S1)
3.40 **Urban Secrets**
4.35 **Sort Of** 3/8. (S3)
5.05 **to 6.00** AM **Urban Secrets**

10.00 Olivia Attwood: The Price of Perfection Olivia spends time in the cut price surgery capital of the world, Istanbul.
11.00 **Family Guy** 5/20. Peter finds an old home video. (S14)
11.35 **Family Guy** 8/21. (S8)
12.05 AM **American Dad!** (S4)
1.05 **Plebs** 3/8. (S3)
1.35 **G'wed** 4/6. (S1)
2.05 **Changing Ends** 2/6. (S3)
2.30 **to 3.00** AM **Unwind with ITV**

10.00 Vera *The Sea Glass:* Vera investigates the murder of a fisherman whose body was found tangled up in a trawler's net, and who may have been killed as part of a family feud.
11.50 **Wycliffe** 2/6. A prostitute's client confesses to murder. (S5)
12.55 AM **The Dark** 1/6. (S1)
1.55 **George and Mildred** (S1)
2.20 **to 2.30** AM **Unwind with ITV**

11.20 The Summit Australia New edition 7/8. Seven hikers become six, as a double-obstacle with a raging waterfall at its centre splinters the group.
12.35 AM **Minder**
1.30 **Two and a Half Men** (S5)
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** Dominic Chinea and Will Kirk work to restore a memorial to lives lost at sea.
8.00 **Island Crossings** Bad weather puts Kerrera island's annual triathlon at risk of being cancelled.
9.00 **Paramedics on Scene** New edition 8/10. The Special Operations Response Team deal with a public brawl.
10.00 **Still Game** 5/9. Jack and Victor decide to spend their funeral fund. (S2)
10.30 **Scot Squad** 4/6. Singh and McKirdy pull over two celebrated children's entertainers. (S4)
11.00 **Edinburgh Unlocked** 1/3. The best of the Edinburgh Festival.
11.30 PM **to 12.00** M'T **Style Fixers**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 6/8. (S2)
8.25 **Will & Grace** (S7)
11.00 **The Office Movers**
1.30 PM **Community** (S2)
4.00 **Will & Grace** (S3)
6.30 **The Office (US)** 9/28. Michael tries to frame Toby after discovering he is back in the office. **7.00** 10/28. The workers fight among themselves to get what they want. **7.30** 11/28. Phyllis organises a Moroccan-themed Christmas party. **8.00** 12/28. Andy and Dwight have a duel. **8.30** 13/28. Michael and Dwight infiltrate a family-run company. (S5)
9.00 **Alan Carr: Regional Trinket** Stand-up show.
10.00 **Tom Davis: Underdog**
11.15 **Ania Magliano: I Can't Believe You've Done This** Stand-up show.
12.15 AM **The Reluctant Landlord** 1-6/6. (S2)
3.10 **to 5.00** AM **The Rehearsal**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **An American in Paris: The Musical**
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Julie Andrews Forever** Documentary.
2.00 **Voices of the Valleys**
3.00 **André Rieu: Power of Love** From 2024.
5.00 **Cirque du Soleil**
7.00 **Grand Ole Opry: Opry Live** New edition
8.00 **Discovering**
9.00 **FILM Highlander** Sci-fi action thriller. (1986, 15, 111min) ★★★★
11.10 **Gene Kelly: An American in Hollywood**
12.25 AM **Johnson & Knopfler's Music Legends** From Nashville.
1.25 **Brendan Gleeson's Farewell to Hughes's**
2.45 **The Chieftains: Down the Old Plank Road – Nashville Sessions**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
7.00 **Border Security: America's Front Line**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Police 24/7**
4.00 **Wildlife ER**
5.00 **The Kimberley: Australia's Wild West**
6.00 **Wolves and Lions: Old Enemies** Documentary.
7.00 **Caught Red Handed** A gang of thieves brought down to earth by an aviation crime squad. **7.40** A shopkeeper tears the balaclava from his attacker. **8.20** Callous crooks fleece an elderly couple in their hour of need.
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Celebrity Catchphrase**
2.00 **Tenable** Quiz show.
3.00 **The Chase Celebrity Special** With Mark Chapman, Gillian Joseph, Ryan Sidebottom and Fred MacAulay.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Celebrity Catchphrase** Guests Aisling Bea, Chris Packham and Kate Lawler take part.
9.00 **The Chase Celebrity Special** Quiz show, with guests Cheryl Baker, Laura Tobin, Jason Bell and Mark Steel.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** Property show.
3.00 **Grand Designs**
4.00 **A Place in the Sun** Four editions, including at: **7.00** A Leicester pair search for a holiday home in Mojácar, south-east Spain.
8.00 **Dover 24/7: Britain's Busiest Port** Staff mark the port's role in two world wars with a remembrance service.
9.00 **Gogglebox** Memorable moments from series 27.
10.00 **8 Out of 10 Cats Does Countdown** With Jon Richardson, Roisin Conaty, Rob Beckett and Kiell Smith-Bynoe.
11.05 **Bill Bailey Live: Part Troll** Stand-up show.
12.45 AM **Big Fat Quiz: Best Bits** Compilation edition.
1.50 **Naked Attraction**
2.50 **Gogglebox**
3.50 **to 4.50** AM **The Dog House**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Stargate SG-1** (S8)
4.00 PM **Stargate Atlantis** 9/20. McKay's sister Jeannie Miller is kidnapped by Henry Wallace. **5.00** 10/20. Part one of two. The crew face their worst fears when a mysterious probe collides with the city-ship. Guest stars Torri Higginson. **6.00** 11/20. Part two of two. The crew forge an uneasy alliance with a captured Wraith. Guest stars Jill Wagner. (S4)

7.00 Stargate Atlantis

7.00 **Stargate Atlantis** *Spoils of War:* 12/20. The team salvage a partially damaged Hive ship. Guest stars Andee Frizzell.
8.00 **Stargate Atlantis** *Quarantine:* 13/20. The city goes into lockdown. Guest stars David Nykl and Brenda James. (S4)
9.00 **Stargate Universe** *Subversion:* 18/20. Rush suspects Telford is a spy after a disturbing dream.
10.00 **Stargate Universe** *Incursion – Part One:* 19/20. The *Destiny* is in danger of being boarded by the Alliance, so the crew launch an attack. (S1)
11.00 **Stargate Universe** 20/20. Part two of two. Rush makes a deadly discovery. (S1)
12.00 M'T **FILM Jurassic Attack** Sci-fi action thriller starring Corin Nemec and Vernon Wells. (2013, 15, 83min) ★★
1.45 AM **The Walking Dead**
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.45 AM **Murdoch Mysteries** (S17)
10.40 **Maisie Raine** (S1)
12.40 PM **Father Brown** Four episodes, including at: **3.40** *The Numbers of the Beast.* The priest walks in on a man standing over the body of his dead wife.
4.40 **Bookish** 3/6. There's excitement in the air when a film crew visit Archangel Lane. **5.50** 4/6. Book must race against time to uncover the truth before anyone else ends up dead. (S1)

9.00 Beyond Paradise

7.00 **Death in Paradise** *Man Overboard – Part Two:* 6/8. The detectives are left with two murders to solve in London. (S6)
8.00 **Father Brown** *The Deserving Poor:* The cleric's old friend Blind 'Arry is arrested for murder at an Almshouse.
9.00 **Beyond Paradise** 6/6. A museum heist is under investigation as Humphrey and Martha's wedding day arrives. (S2)
10.00 **The Hunting Party** *Zack Lang:* 3/13. Bex races to catch a serial killer who bludgeoned wealthy New Yorkers. (S2)
11.00 **CSI: Vegas** 1/21. A dominatrix is found murdered near her secret sex dungeon. **12.00** M'T 2/21. A mannequin prop in a haunted house turns out to be a real body. (S2)
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Only Fools and Horses**
1.00 PM **Only Fools and Horses** Seven episodes, including at: **5.00** Rodney starts going out with a police officer.
5.40 **Dad's Army** Captain Mainwaring discovers he is not a commissioned officer.
6.15 **Fawlty Towers: The Play** Recorded at the original West End production based on the much-loved comedy series, this special brings together three iconic episodes into a single theatrical experience.

6.15 Fawlty Towers: The Play

Fawlty Towers: The Play (started at 6.15pm)
8.20 **Fawlty Towers** First episode. Beleaguered and badgered hotelier Basil Fawlty tries to attract a better class of clientele.
9.00 **The Office** The Swindon merger has finally gone through and the new staff members arrive in Slough.
9.40 **Gavin & Stacey** The happy couple return from their honeymoon..
10.20 **The Royle Family** Dave is accused of flirting with Beverley Macca.
11.00 **The Royle Family** Denise is a bag of nerves as her wedding day arrives, and Antony is being teased about his new haircut.
11.35 **Fawlty Towers** As 8.20pm.
12.20 AM **Only Fools and Horses**
2.25 **The Royle Family**
3.25 **to 4.00** AM **Fawlty Towers**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Top Gear**
8.00 **Yukon Gold** Triple bill.
11.00 **Red Bull Soapbox Race**
1.00 PM **Mortimer & Whitehouse: Gone Fishing** Triple bill.
3.00 **The Hairy Bikers' Chicken and Egg** Double bill.
5.00 **Would I Lie to You?** Triple bill of editions, including at: **5.40** With Louie Spence, Katherine Parkinson, David O'Doherty and Bill Turnbull. **6.20** With guest panellists Greg Davies, Konnie Huq, Phil Tufnell and Marcus Brigstocke.

8.00 Pete Wicks: For Dogs' Sake

7.00 **Guy Martin: Proper Jobs** Guy gets to grips with nature as a wildlife warden on the remote Calf of Man island.
8.00 **Pete Wicks: For Dogs' Sake** *TOWIE* star Pete Wicks immerses himself in the world of dog care at Basildon's Dogs Trust.
9.00 **Have I Got a Bit More News for You** Angela Rippon hosts the satirical quiz, with guests Jo Brand and Richard Osman.
10.00 **QI** With guest panellists Phil Kay, John Sessions and Clive Anderson.
10.40 **Mock the Week** With Ed Byrne and Angela Barnes.
11.20 **Mock the Week** With James Acaster and Sara Pascoe.
12.00 M'T **Live at the Apollo** Iain Stirling hosts the comedy show. **1.00** AM Tim Renkow hosts.
2.00 **QI XL** With Tom Allen.
3.05 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **2point4 Children**
7.40 **The Bill** Five episodes.
12.40 PM **Call the Midwife**
2.40 **Catherine Cookson's The Man Who Cried** Feature-length period drama about a working man whose extramarital affair leads to murder. Stars Ciarán Hinds and Kate Buffery.
6.00 **Hetty Wainthropp Investigates** *Daughter of the Regiment: 2/9.* A mother hires Hetty to find out who is stalking her daughter just days before her wedding. (S3)

8.00 Sister Boniface Mysteries

7.00 **Hetty Wainthropp Investigates** *Serving the Community:* 3/9. Hetty searches for a gang of thugs. (S3)
8.00 **Sister Boniface Mysteries** *House of Misfit Dolls:* 2/10. Sister Boniface finds herself on the hunt for a killer doll. (S3)
9.00 **Silent Witness** *Seven Times:* The body of a woman is discovered on train tracks in London, badly damaged from electrical burns, and the post-mortem stirs up troubling memories from Nikki's childhood.
11.15 **New Tricks** *Fashion Victim:* The detectives reinvestigate the three-year-old case of a murdered fashion designer. Guest stars Rupert Graves.
12.35 AM **Call the Midwife**
1.35 **2point4 Children**
2.50 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Blue Bloods** (S5)
11.45 **Columbo** Five episodes of the drama, including at: **3.50** PM *Dagger of the Mind:* Columbo investigates an actor who is suspected of murdering her husband. **5.55** *A Friend in Deed:* A high-ranking police officer helps a rich friend conceal a murder. **8.00** *Candidate for Crime:* A politician murders his election campaign manager to stop details of his affair from being exposed.
10.00 **Law & Order: Special Victims Unit** *The Undiscovered Country:* 13/24. Detectives take sides in a family's right-to-die court case. (S19)
11.00 **Law & Order: Special Victims Unit** (S19)
1.55 AM **NCIS: Los Angeles**
2.55 **to 3.50** AM **Murder, She Wrote**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S9&10)
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Shoplifters: Caught Red Handed** Double bill.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Triple-bill.
8.00 **Police Interceptors** A driver who is trying to outrun the law.
9.00 **Trauma Room One** Surgeons must act fast to remove bone from a man's neck.
10.00 **Surgeons: A Matter of Life or Death** Surgeons operate on a man who is suffering from testicular cancer.
11.00 **A&E After Dark**
12.00 M'T **Killer on the Run**
1.00 AM **Text Me When You Get Home** Queena Phu.
1.55 **Skin A&E** Documentary.
2.45 **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue** Documentary.
9.35 **Outback Truckers**
11.30 **Gunsmoke** (S12&13)
4.50 PM **FILM Bend of the River** Western starring James Stewart and Arthur Kennedy. (1952, PG, 92min) ★★★★
6.40 **FILM Will Penny** Vintage western starring Charlton Heston and Joan Hackett. An ageing cowboy finds dangerous but rewarding work with a frontier widow. (1967, PG, 109min) ★★★
9.00 **FILM Joe Kidd** Western starring Clint Eastwood and Robert Duvall. A hired gun becomes involved in a range war between poor Mexicans and a powerful rancher. (1973, 15, 88min) ★★★
10.50 **World's Deadliest Weather: Caught on Camera** Five editions.
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Classic Neighbours**
11.00 **My Family**
1.00 PM **The Supervet**
2.00 **The Supervet: Noel Fitzpatrick**
6.00 **Inside the Ambulance** Paramedics treat an elderly man who is having a heart attack. **7.00** Paramedics help a baby with suspected sepsis, and a father-to-be with serious burns.
8.00 **Inside the Operating Theatre** A man needs an ultrasound to confirm whether he has cancer. **9.00** A woman needs an operation to stop her persistent nose bleeds.
10.00 **Brit Cops Down Under**
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 AM **Butchers of the Bayou** Documentary.
1.55 **to 3.00** AM **Don't Hate Your House with the Property Brothers**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Great Continental Railway Journeys**
10.00 **Great Canal Journeys**
11.00 **Canal Boat Diaries**
1.00 PM **Canal Boat Diaries**
3.00 **Mediterranean with Simon Reeve**
5.00 **Operation Grand Canyon with Dan Snow**
7.00 **1066: A Year to Conquer England**
8.00 **Bangers & Cash** Derek collects a 1968 Mini Moke, an unusual Amphicar 770 and a Polish Fiat 216. **9.00** Derek heads off to collect some vintage motorcycles from a garage at the bottom of the garden in the north-east of England.
10.00 **Canal Boat Diaries**
1.00 AM **Flipping Bangers**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Double bill.
10.00 **Derelict Rescue**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** Cases include a family torn apart by the birth of a wartime baby.
10.00 **Who Do You Think You Are?** Singer Melanie Chisholm researches her family tree and discovers that her ancestors include a moneylender and a campaigner for social reform.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 242 365

SUNDAY Entertainment

Sunday

Great! TV

157 167 170 34 32

8.10 AM **Highway to Heaven**
9.10 **The Waltons** (S6)
1.10 PM **The Waltons** (S6)
5.10 **FILM Carry On Regardless** Comedy with Sidney James. (1961, b/w, PG, 85min) ★★★
7.00 **Around the World in 80 Days** 3/3. Now an item, Fogg and Aouda head for America, where the adventurer confronts outlaw Jesse James and the Sioux raid his train.
9.00 **FILM Road to Perdition** Period crime drama starring Tom Hanks, Paul Newman and Jude Law. After his 12-year-old son inadvertently witnesses a Mob killing, a hit-man is forced to go on the run with him. (2002, 15, 119min) ★★★★
11.30 **M*A*S*H** 16/16. (S11)
2.00 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **Wanted: Dead or Alive** 6/32. (S2)
9.30 **FILM War of the Wildcats** Western. (1943, b/w, U, 102min) ★★
11.45 **FILM Buck and the Preacher** Western. (1971, PG, 102min) ★★
2.00 PM **FILM The Jewel of the Nile** Comedy adventure sequel. (1985, PG, 104min) ★★★★
4.20 **FILM Captain from Castile** Adventure. (1947, b/w, U, 140min) ★★★
7.20 **FILM The Transporter Refuelled** Thriller sequel. (2015, 15, 96min) ★★
9.25 **FILM Big Kill** Western. (2019, 15, 126min) ★★
12.00 M'T **The Avengers** (S5)
1.00 AM **The New Avengers**
2.00 **The Persuaders!** (S1)
3.00 **FILM Seattle Superstorm** Thriller. (2012, PG, 95min) ★★
4.25 **Coast Guard Alaska**
5.10 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **FILM Murder, She Baked: A Chocolate Chip Cookie Mystery** Drama starring Alison Sweeney and Lisa Durupt. (2015, PG, 83min) ★★
11.00 **Murder, She Wrote** Ten episodes of the drama.
9.00 PM **Hailey Dean Mysteries** *A Prescription for Murder:* Hailey helps the police when the CEO of a hospital dies.
10.50 **Hailey Dean Mysteries** *Killer Sentence:* DA Paulina D'Orazio is accused of murder.
12.50 AM **FILM A Bride's Nightmare** Thriller starring Kendra Carelli. (2020, PG, 85min) ★★
2.30 **FILM My Baby Gone** Crime thriller starring Elisabeth Harnois. (2017, PG, 88min) ★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Frozen in Love** (2018, PG) ★★
10.05 **FILM Paris, Wine and Romance** Drama. (2019, PG, 84min) ★★
12.00 NOON **FILM Rome in Love** (2019, PG) ★★
1.55 PM **FILM A Pinch of Portugal** Drama. (2023, PG, 84min) ★★
3.50 **FILM Romance in Hawaii** Romantic comedy. (2023, U, 89min) ★★
5.40 **FILM Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
7.35 **FILM Aloha Heart** Romantic drama. (2023, PG, 95min) ★★
9.40 **FILM Love on Iceland** Romantic comedy. (2020, U, 84min) ★★
11.45 **FILM Autumn in the Vineyard** Drama. (2016, PG, 84min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM A Pinch of Portugal**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **The Wild Gardener** Documentary.
12.45 PM **FILM The Dirty Heroes** War adventure. (1967, 15, 105min) ★★
3.00 **FILM Heartbreakers** Comedy starring Sigourney Weaver. (2001, 15, 123min) ★★
5.30 **FILM Farewell, Friend** Crime thriller. (1968, 15, 115min) ★★★★
8.00 **Garden Rescue**
9.00 **Yorkshire by the Sea** New recruit Liam joins an independent lifeboat.
10.00 **FILM Melvin: Son of Alvin** Comedy with Tina Bursill and Gerry Sont. (1984, 12, 85min) ★★
12.00 M'T **FILM Groupie Girl** Drama with Esme Johns. (1970, 18, 87min) ★★
2.00 AM **FILM Deadly Recruits** Spy thriller. (1986, PG, 92min) ★★
4.00 **to 5.00** AM **Yorkshire by the Sea**

Rewind TV

182 81 164 141

6.00 AM **Space 1999** (S2)
7.00 **Man in a Suitcase**
9.00 **Only When I Laugh**
9.30 **Doctor in Charge**
10.30 **The Upper Hand**
12.00 NOON **The Gaffer** (S1)
1.00 PM **Second Thoughts**
2.30 **Two's Company** (S2)
3.30 **Mother's Ruin** (S1)
4.30 **Only When I Laugh**
5.00 **The Upper Hand** (S1)
6.30 **Doctor in Charge** (S1)
7.30 **The Fenn Street Gang**
8.00 **The Gaffer** (S1)
9.00 **Space 1999** 12/24. (S2)
10.00 **FILM Van Nuys Blvd** Drama starring Bill Adler and Cynthia Wood. (1979, 15, 93min) ★★
12.00 M'T **FILM CB Hustlers** Action adventure. (1976, 18, 85min) ★★
1.30 AM **Stereo Underground**
2.30 **Rik Mayall Presents**
3.35 **The Cut Price Comedy Show** Comedy sketches.
4.00 **Two's Company**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **How Do They Do It?**
9.00 **Kindig Customs**
1.00 PM **Junkyard Empire**
3.00 **Ant Anstead: Born Mechanic** Double bill.
5.00 **Guz Khan's Custom Cars** A mission to modify a Honda S2000 into a dream custom car. **6.00** Guz explores Britain's car scene.
7.00 **Expedition Bigfoot** Russell uses a robotic dog to explore a mine. **8.00** Evidence leads the team to investigate near an abandoned mine.
9.00 **Curse of the Bermuda Triangle** Investigating the disappearance of five US Navy planes. **10.00** Theories surrounding a long-lost ship that disappeared.
11.00 **Expedition X** Triple bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food: Best Of**
9.30 **Man v Food with Casey Webb** Seven editions.
1.00 PM **James Martin: Sweet**
3.00 **The Great British Bake Off** Six editions of the series, including at: **7.00** The bakers' pie-making skills are put to the test. **8.00** The remaining bakers test their dessert-making skills.
9.00 **James Martin's French Adventure** James visits locations that inspired his career, beginning at the Château Cheval Blanc in Saint-Emilion.
10.00 **Man v Food** Double bill.
11.00 **Michel Roux's French Country Cooking**
12.00 M'T **James Martin's French Adventure**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Babylon 5** (S3)
12.00 NOON **FILM The Spy Who Came in from the Cold** Thriller. (1965, b/w, PG, 107min) ★★★★
2.10 PM **FILM The Appaloosa** Western starring Marlon Brando. (1966, PG, 98min) ★★★
4.05 **FILM Dakota Incident** Western adventure. (1956, PG, 88min) ★★
5.50 **FILM Arrowhead** Western with Charlton Heston and Jack Palance. (1953, U, 105min) ★★
8.00 **The Twilight Zone** (S3)
9.00 **FILM Man on a Ledge** Crime thriller starring Sam Worthington and Elizabeth Banks. (2011, 12, 98min) ★★★
11.05 **FILM The Eiger Sanction** Action thriller starring Clint Eastwood. (1975, 15, 125min) ★★
1.40 **to 4.30** AM **FILM Black Sunday** Suspense thriller. (1976, 15, 143min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **The A-Team** (S3)
3.00 PM **FILM Boot Hill** Comedy western starring Terence Hill. (1969, PG, 91min) ★★
5.00 **Jules Verne's Mysterious Island**
9.00 **FILM Gold** Thriller with Matthew McConaughey and Edgar Ramírez. (2016, 15, 120min) ★★★
11.30 **FILM A Reason to Live, A Reason to Die** Spaghetti western starring James Coburn and Telly Savalas. (1972, PG, 92min) ★★★
1.25 AM **FILM Curse of the Crimson Altar** Horror starring Boris Karloff. (1968, 15, 87min) ★★
3.10 **FILM Operation Dunkirk** War adventure starring Ifan Meredith. (2017, 15, 96min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
9.15 **Pawn Stars** Double bill.
11.10 **Container Wars**
1.05 PM **Junk & Disorderly**
4.05 **Storage Wars: Texas**
7.00 **Secrets in the Jungle** Scientists discover a gargantuan, unidentified animal vertebra.
8.00 **Secrets in the Sand** Archaeologists explore Egypt's 3,000-year-old Rise of Aten city.
9.00 **Mysteries Unearthed with Danny Trejo** A curse that has gained a reputation for being more than just a myth.
10.00 **Queens of Ancient Egypt** Ancient Egyptian queens who have shaped history.
11.00 **What on Earth?**
1.00 AM **Strange Evidence**
2.00 **Court Cam** Double bill.
3.00 **River Hunters**
5.00 **to 6.00** AM **River Hunters Special: Battle of Towton**

5SELECT

153 166 138 46 133 30

9.00 AM **Dorset: Country and Coast** Four editions.
1.00 PM **All Creatures Great and Small** (S6)
6.00 **The Good Ship Murder** *Ancona:* 8/8. Someone close to the ship is found murdered. (S3)
7.00 **Elizabeth: 10 Years That Changed the Royals** Queen Elizabeth II's approach to her public appearances from the 1970s onwards.
8.30 **The Jubilee of '77: Pomp, Pageantry & Parties** Queen Elizabeth II's Silver Jubilee.
10.00 **When Anne Married Mark: The Royal Wedding of the 70s** A look back at Princess Anne's 1973 wedding to Captain Mark Phillips.
11.30 **Taggart** *Bloodlines.*
1.35 AM **Prisoner: Cell Block H** Double bill. (S1)
3.35 **to 4.00** AM **Around the World by Train with Tony Robinson**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Celebrity Antiques Road Trip** With Tom Conti.
12.15 PM **Catchphrase**
1.00 **Tenable** Quiz show.
2.00 **Bridge of Lies**
3.00 **The Chase** Double bill.
5.00 **The Chase Celebrity Special** With Mark Bright, Kaye Adams, Richard Arnold and Jayne Torvill. **6.00** With guests Michael Vaughan, Anna Richardson, Ray Mears and Jane Danson.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** Hannah Mills, Chris Ramsey, Dion Dublin and Lesley Garrett compete.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
1.00 PM **The Big Bang Theory** 8/24. Sheldon punishes Leonard. **7.30** 9/24. The group spend the Thanksgiving holiday at Mrs Wolowitz's house. (S7)
8.00 **Georgie and Mandy's First Marriage** 15/22. Georgie helps Connor impress his new crush. **8.30** 16/22. The duo disagree about having another kid. (S1)
9.00 **Mock the Week: Summer Specials**
10.00 **Unacceptable**
11.00 **Mock the Week: Summer Specials**
12.00 M'T **Young Sheldon**
12.30 AM **Dr Pimple Popper**
2.30 **Say Yes to the Dress: UK** Reality series.
3.00 **My 600lb Life**
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **The Comedy Bus**
8.35 **Gods of the Game**
9.00 **Impractical Jokers**
10.30 **Friends** (S2)
7.30 PM **Bradley & Barney Walsh: Breaking Dad** The pair reach the final stop on their road trip as they arrive in Panama.
8.00 **The Best of Mr Bean**
9.00 **FILM Instant Family** Comedy drama starring Mark Wahlberg and Rose Byrne. (2018, 12, 118min) ★★★★
11.20 **Jimmy Carr's Am I the A**hole?**
12.20 AM **8 Out of 10 Cats**
2.00 **Gods of the Game**
2.30 **The Comedy Bus**
3.00 **Modern Horror Stories**
3.05 **Russell Howard: Wonderbox**
3.50 **Bradley & Barney Walsh: Breaking Dad**
4.15 **to 5.00** AM **Stupid Central**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 5&6/25. (S7)
7.00 **Teleshopping**
9.00 **Friends** 13&14/24. (S2)
10.00 **Most Ridiculous**
12.00 NOON **Criminally Funny**
8.00 PM **Friends** 15/24. Monica falls for an old family friend. **8.30** 16/24. Joey decides to move out. (S2) **9.00** 10/24. Ross turns to Joey for job advice. **9.30** 11/24. The pals make resolutions. **10.00** 12/24. Chandler starts to annoy Monica. **10.30** 13/24. Phoebe meets her father for the first time. (S5)
11.00 **Friends** (S5)
2.00 AM **Impractical Jokers: Sideline Smack Talk**
2.30 **Impractical Jokers: Servin' Up Laughs**
3.00 **South Park** (S16)
4.35 **to 6.00** AM **Beavis and Butt-Head Do the Universe**

That's TV

56 42

8.00 AM **That's 60s**
8.10 **Oh, Doctor Beeching!**
11.10 **Steptoe and Son** (S1)
12.55 PM **Rising Damp** (S2)
4.40 **Birds of a Feather**
8.00 **Minder** *Diamonds Are a Girl's Worst Enemy:* 9/13. A cache of diamonds goes missing. (S2)
9.00 **Benidorm** 9/9. The pool is contaminated with weedkiller and the guests have to be evacuated. (S9)
9.55 **Shameless** 14/16. Yvonne is confronted by a ghost from her past. (S6)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 9/9. (S9)
12.55 AM **Minder** 6/8. (S6)
1.55 **Duty Free** 3/7. (S3)
2.20 **Man About the House**
2.45 **The Kenny Everett Video Show** Comedy.
3.15 **That's 60s**
4.00 **Nearest and Dearest**
4.25 **to 5.00** AM **Nearest and Dearest Xmas 1970**

MTV

126/127 137 134 351 366

6.00 AM **Teen Mom 2: From the Beginning**
7.10 **Dallas Cowboys Cheerleaders**
10.00 **Teen Mom: The Next Chapter** Triple bill.
1.00 PM **Charmed** (S1)
6.00 **Catfish: The TV Show** Jasmine writes to Nev and Max asking for help for a 'friend.' **7.00** Nev comes to the aid of a girl who plans to come out on national TV. **8.00** Tony became smitten with Tiana two years ago, but red flags cause him to ask for help.
9.00 **Skin A&E**
10.00 **Tattoo Fixers**
11.00 **Ink Master**
12.00 M'T **Ink Master: OGs vs. Young Guns**
1.00 AM **Jersey Shore Family Vacation**
2.00 **MTV Cribs: Beautiful Beach Houses**
2.45 **All Star Shore**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Building Off the Grid** Off-the-grid builds are attempted in the most dangerous places on Earth. **1.00** PM Brave builders refuse to set limits on their inventive off-the-grid builds.
2.00 **Alaska: Homestead Rescue** The Raneys teach a family of six to thrive off-grid together. **4.00** The Raneys rescue a family with a crumbling cabin. **6.00** The family reflect and get updates from some of the self-sufficient owners.

9.00 Barnwood Builders

7.00 **Alaska: Homestead Rescue** Marty races back to the Adams homestead in Alaska to fix quake damage and build a bear-proof shelter in hopes of keeping their homestead dream alive.

9.00 **Barnwood Builders** The team help a widower build the antique log cabin that him and his late wife had dreamed of.

10.00 **In the Eye of the Storm** Eyewitnesses capture dozens of tornadoes destroying neighbourhoods across the USA.

11.00 **Mighty Truckers** An insight into the challenges of being a truck driver.
12.00 M'T **Kindig Customs** A client returns with another classic – a 1965 Mustang Fastback.
1.00 AM **Kindig Customs**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **The Zoo** Two newborn fawns form an unbreakable bond. **4.00** Max the Camel faces new challenges as he ages.
5.00 **Treehouse Masters** Pete Nelson revisits two treehouses.
6.00 **Meet the Penguins** Mummy's boy Pete refuses to leave. **6.30** The staff battle to save a vulnerable chick.

8.00 Little Giants

7.00 **How Do Animals Do That?** Why moths are attracted to flames. **7.30** Why spiders don't get stuck in their webs.

8.00 **Little Giants** A profile of the giant horned lizard. **8.30** The team search for North America's grasshopper mouse.

9.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns speak about defending themselves in the wilderness.

10.00 **Tanked** The team are faced with the task of building a huge 6,000-gallon aquarium for the Ocean Casino Resort.

11.00 **Alaska: The Last Frontier** Christmas sees the first-ever couples' Secret Santa.
12.00 M'T **River of No Return**
1.00 AM **Air Jaws: Back from the Dead** Documentary.
2.00 **The Haunted**
3.00 **Little Giants** Double bill.
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Rocky Mountain Railroad**
10.00 **Lost Cities with Albert Lin**
11.00 **Draining the Bermuda Triangle** Documentary.
12.00 NOON **Air Crash Investigation** Seven editions of the series, including at: **3.00** PM A military plane that crashed seconds into a flight. **4.00** Investigating the crash of Air France Flight 447. **5.00** A mid-air collision over California in 1971. **6.00** An incident in 1977 in which Southern Airways Flight 242 was caught in a storm.

8.00 Lost Treasures of Ancient...

7.00 **Air Crash Investigation** A look into why Air Ontario Flight 1363 from Dryden crashed moments after take-off in 1989.

8.00 **Lost Treasures of Ancient Greece** New edition Exploring the truth behind the legend of the Trojan War.

9.00 **Drain the Titanic: A Ship Reborn** Exploring the wreck of the famous ship, using 3D images of what it looks like now.

10.00 **Titanic: The Final Secret** How Dr Robert Ballard located the wreck of the ill-fated liner during a covert investigation.

11.00 **Mysteries of Ancient Medicine** How ancient cultures sought cures in surprising places.
12.00 M'T **Air Crash Investigation** A Boeing 737 crashes just moments after lifting off.
1.00 AM **Car S.O.S** Tim and Fuzz take on a Mini Mayfair. **2.00** Tim and Fuzz restore a 1990 Nissan Pulsar GTI-R.
3.00 **to 5.00** AM **Megafactories**

Sky History

123/124 115/116 131 353 368

6.00 AM **Britain's Most Historic Towns** Double bill of editions.
8.00 **Storage Wars**
11.00 **Storage Hunters**
1.00 PM **Pawn Stars** Seven editions, including at: **4.30** Rick looks for a deal on a set of handprints signed by Sylvester Stallone.
5.00 **Forbidden History** A look at the quest to find the tomb of Mary Magdalene. **6.00** Experts use forensic archaeology to unlock the secrets of a lost civilisation.

10.00 Britain's Murder Map

7.00 **Ultimate Mysteries** Experts investigate teleportation and strange happenings at Skinwalker ranch and Mount Shasta.

8.00 **Ultimate Mysteries** Weird sightings and unsolved disappearances at Bennington, Bermuda and Bridgewater triangles.

9.00 **Britain's Murder Map with Vicky McClure and Jonny Owen** The pair investigate the Bible John murders in Glasgow.

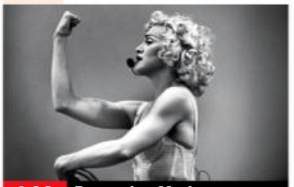
10.00 **Britain's Murder Map with Vicky McClure and Jonny Owen** The duo investigate the murder of Kelso Cochrane.

11.00 **Britain's Murder Map with Vicky McClure and Jonny Owen** Vicky annd Jonny revisit the Dr Crippen case.
12.00 M'T **What on Earth?** The mysteries of a vanishing lake, toxic hell storms, and polar bears that stalked stricken World War Two heroes.
1.00 AM **Storage Hunters**
3.00 **to 6.00** AM **Pawn Stars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Kevin Costner**
7.00 **Discovering: Glenn Close**
8.00 **The Directors**
10.00 **The Loneliest Whale: The Search for 52**
12.00 NOON **Being Mary Tyler Moore** Charting the life and career of the comedy actor.
2.20 PM **I Am Luke Perry**
4.00 **Becoming Madonna** Charting the singer's rise to stardom.
6.00 **Savage Mountain** The story of mountaineer Kristin Harila's record-breaking climb of the world's 14 highest mountains.


4.00 Becoming Madonna

Savage Mountain (started at 6.00pm)

7 PM

8.00 **FILM Touching the Void** Dramatised documentary. In 1985, mountaineers Joe Simpson and Simon Yates set out to climb the previously unscaled west face of Siula Grande in the Peruvian Andes. (2003, 15, 106min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9 PM

10.00 **The Alabama Solution** Documentary about the prison system in Alabama told from the perspective of incarcerated inmates.

12.10 AM **Jealous Guy: The Assassination of John Lennon** Documentary exploring the life and career of the Beatles superstar.
2.00 **Brazil 2002** Following the Brazilian national team through the 2002 World Cup.
3.50 **My Icon: Casey Stoney**
4.00 **to 6.00** AM **Everton: Howard's Way**

10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **American Pickers**
8.00 **Johnny Vegas' Little Shop of Antiques**
9.00 **Celebrity Yorkshire Auction House**
11.00 **The Yorkshire Auction House** Double bill.
1.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Johnny Vegas' Little Shop of Antiques** Johnny splashes out on antique marionette dolls at Uttoxeter antiques fair.
8.00 **The Repair Shop** Items include a portable Jamaican pump organ. **9.00** Items include a dress and a BMX bike.
10.00 **The Repair Shop**
1.00 AM **Mike Brewer: Born Dealer** Double bill.
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Reality series.
9.00 **Curvy Brides Boutique**
10.00 **Forensic Detectives**
11.00 **A Killer's Mistake**
12.00 NOON **FBI Files**
3.00 PM **Where Murder Lies**
7.00 **Where Murder Lies** The disappearance of Russell Ray. **8.00** An elderly couple murdered in their home.
9.00 **The Detectives: My Killer Case** Detectives recount the investigation into Steve Wright.
10.00 **Faking It: Tears of a Crime** Examining the cases of Shafilea Ahmed and Gordon Wardell. **11.00** The case of five-year-old Logan Mwangi. **12.00** M'T The story of Penny Jackson.
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Double Murders** Examining a case involving an apparent suicide plot.
8.00 **UK Crime Files: Saturday Night Strangler** A look at the case of Joseph Kappen, who killed three women.
9.00 **UK Crime Files: A Deadly Love Triangle** Geoffrey Wansell explores a case on the Isle of Sanday.
10.00 **UK Crime Files: Boarded Barn Murders** Investigating crimes that took place at a remote barn house in Cheshire.
11.00 **UK Crime Files: Murder of a Showgirl**
12.00 M'T **UK Crime Files: The Arson Murders**
1.00 AM **Fatal Fraud**
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
10.45 **Teleshopping**
11.00 **Medical Detectives**
12.00 NOON **Killers: Caught on Camera** Double bill.
2.00 PM **UK Crime Files: Last Taxi Rider** The case of Linda Thomas.
3.00 **UK Crime Files: The Lonely Killer** Professor David Wilson revisits the crimes of Dennis Nilsen.
4.00 **UK Crime Files: The Murder of an Author** Exploring the murder of author Helen Bailey.
5.00 **UK Crime Files: The Twilight Killers** An incident of matricide.
6.00 **UK Crime Files: Murder Without Motive** SIO Tony Blockley and his team find a murder scene in Derbyshire.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Highway Cops**
7.00 **A1: Britain's Longest Road** Documentary.
8.00 **Road Wars**
9.00 **Caught on Dashcam**
11.00 **Caught Red Handed**
2.00 PM **Forensics: Catching the Killer** Double bill.
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **Murder in the Valleys** 1-4/4. The story of how three generations of one family were murdered in the village of Clydach, Swansea, in 1999.
1.00 AM **World's Most Evil Killers** Heriberto Seda.
2.00 **Britain's Most Evil Killers** Peter Moore.
3.00 **Murdered at First Sight**
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **The Stuarts**
11.45 **The Last Days of Anne Boleyn** As 7.10pm.
1.00 PM **Digging Up Britain's Past**
4.00 **Conquistadors: The Rise and Fall**
7.10 **The Last Days of Anne Boleyn** An in-depth look at the circumstances surrounding the execution of Henry VIII's second wife.
8.25 **The Stuarts** Clare Jackson examines the history of the 17th-century Royal Family. **9.35** The Wars of the Three Kingdoms. **10.40** How Scotland lost its sovereignty and became part of Great Britain in 1707.
12.00 M'T **The Last Days of Anne Boleyn**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

SUNDAY

Sunday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Extraordinary Animals**
7.00 **Island of the Monsoon**
9.00 **Wild Tales from the Farm**
11.00 **Volcanic Odysseys**
12.00 NOON **Battle of the Alphas**
1.00 PM **Wild Crusades: The Monkey Diaries**
2.00 **Europe's Amazon**
4.00 **Colombia's Wild Coast**
6.00 **David Attenborough's Galapagos** The broadcaster explores the Pacific archipelago. **7.00** The unique species that live in the isolated habitat. **8.00** Revealing the differences between the 19 islands.
9.00 **The Bachelor King** Documentary exploring the lives of king penguins.
10.30 **Micro Monsters with David Attenborough** Battles and rivalries within the world of bugs.
11.00 **Islands** The ecosystems of six islands, starting with Vancouver. **12.00** M'T K'gari, Queensland.
1.00 AM **Tusker: Brotherhood of Elephants** Documentary.
2.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Ocean Parks**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Great British Dig: History in Your Back Garden**
11.00 **Crimes That Shook Britain**
1.00 PM **Instruments of Death**
2.00 **Ancient Aliens** Double bill.
4.00 **The Great British Dig: History in Your Back Garden**
6.00 **Kevin Costner's The West** Mexican immigrant Joaquin Murrieta and his gang of outlaws. **7.00** The issue of slavery in Kansas and the wider US.
8.00 **Crimes That Shook Britain** Exploring the impact of the 1993 murder of James Bulger. **9.00** Documentary examining the murder of model Sally Anne Bowman in 2005. **10.00** The murder of 23-year-old Rachel Nickell on Wimbledon Common in 1992.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Iconic Combat Machines**
2.00 **Secret Wars Uncovered**
3.00 **Combat Trains**
4.00 **Crimes That Shook Britain**
5.00 **to 6.00** AM **Discovered by Disaster**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
2.00 PM **Savage Builds**
4.00 **How the Universe Works**
6.00 **How It's Made** Four editions of the series, including at: **7.00** Wood panel canvases. **7.30** The manufacturing processes of Asian bowls.
8.00 **Mysteries of the Deep** Jeremy Wade investigates one of the Bermuda Triangle's most infamous disappearances. **9.00** A 140-year-old wreck that has been perfectly preserved.
10.00 **Houdini's Last Secrets** A team of experts investigate Harry Houdini's illusions. **11.00** Experts recreate Houdini's bullet catch trick.
12.00 M'T **How the Universe Works**
2.00 AM **Alien Highway**
3.00 **Through the Wormhole with Morgan Freeman**
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Robbie Coltrane's Critical Evidence** Double bill.
8.00 **When Missing Turns to Murder**
10.00 **Murdertown** Double bill.
12.00 NOON **999: Killer on the Line**
2.00 PM **Crimes That Shook Britain**
4.00 **Alaska State Troopers**
8.00 **Tell Me How I Died**
9.00 **Cold Case Files** The discovery of a woman's killer 37 years after her body was found. **10.00** The body of a supposed runaway is found in a swamp. **11.00** The case of landlord Bruce Blackwood, who disappeared in March 2006.
12.00 M'T **The Hog Trail Murders: Daniel Conahan**
1.00 AM **Beyond the Headlines: Black Girl Missing**
2.00 **Check-In to Murder** New edition An engineer is brutally attacked in a hotel.
3.00 **Last Seen on Holiday** New edition Desiree Gibbon.
4.00 **Accident, Suicide or Murder?**
5.00 **to 6.00** AM **Killer in Plain Sight**

+1hour 256 333

WILD

165 145 182

8.00 AM **Heartland Docs**
10.00 **The Incredible Dr Pol**
11.00 **Airport Security: Peru**
2.00 PM **Inside Airport Lost & Found** Triple bill of editions.
5.00 **Critter Fixers: Country Vets** New edition The vets treat a family's pet tortoise.
6.00 **Heartland Docs** New edition A cat suffers from tremors brought on by hyperthyroidism.
7.00 **Panda School** Series finale Following giant panda cubs at conservation facilities in China's Sichuan Province.
8.00 **Africa's Ghost River** The Okavango flood turns desert into a wildlife haven. **9.00** The Boteti River is a vital dry-season pitstop for animals. **10.00** Thousands of animals stake their survival on rains that may never come.
11.00 **Dolphins Up Close with Bertie Gregory** Documentary.
12.00 M'T **Bizarre Animal Friends**
1.00 AM **Alaska Animal Rescue**
2.00 **World's Weirdest**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Massive Engineering Mistakes**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides**
6.00 **Blowing Up History** Archaeologists uncover the engineering secrets behind lost coliseums of Rome. **7.00** How the most iconic buildings of the ancient worlds were built, stone by stone. **8.00** Experts use cutting-edge tech to investigate the pharaoh who built the Red Pyramid and the mystery behind its design.
9.00 **Salvage Hunters: The Restorers** Upholsterer Craig is tested to his limit by a sofa ruined by an amateur repair job. **10.00** Cabinet maker Alex repairs a chest that once belonged to a Masonic lodge. **11.00** Fine art sculptor Nick must be careful as he uses a drill to restore a 19th-century urn.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **999 Rescue Squad** Eight editions of the documentary.
5.00 PM **999 Rescue Squad** A teen on her way to seeing two YouTube stars in a live appearance is felled by a tree. **6.00** Paramedic Kim climbs into a crushed car balanced over a fast-flowing river. **7.00** A teenager is discovered with multiple stab wounds in the street near his home. **8.00** The team treat a lorry driver trapped behind his twisted steering wheel. **9.00** The response team race to the rescue of a worker trapped in a collapsed trench. **10.00** Near Hull, firefighters handcuff a man to the rails of the Humber Bridge to stop him from jumping. **11.00** A woman fights for her life after being knifed by her former partner.
12.00 M'T **999 Rescue Squad**
5.30 **to 6.00** AM **Three Up, Two Down**

+1hour 266 376

ID

154 140 166

8.00 AM **Diabolical: Deadly Love**
12.00 NOON **On the Case with Paula Zahn** Four editions.
4.00 PM **People Magazine Investigates** The Jenner Beach murders of August 2004. **5.00** A suspected serial killer prowling Hollywood. **6.00** Bonny Lee Bakely's death. **7.00** Investigating the murder of a radio station intern.
8.00 **American Monster** The murder of a preacher's wife.
9.00 **The Killer in My Family** Carl Sutcliffe shares what it was like to find out that his brother Peter was a killer.
10.00 **The Friday the 13th Murders** Revealing a clue that unmasks a predator hiding in plain sight.
11.00 **Murder on CCTV** Police try to find the killer of a father. **12.00** M'T A woman is beaten to death in her Texas home.
1.00 AM **People Magazine Investigates** Documentary.
2.00 **Death by Fame** Double bill.
4.00 **to 6.00** AM **Deadly Secrets**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Sewer Divers**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **Street Outlaws: Locals Only** Five editions.
5.00 PM **Shed and Buried: Classic Cars** Henry and Fuzz find a rare custom IRIS Sporting Trials Car. **6.00** The duo explore Shane's collection, where a Lanchester LD10 catches their eye.
7.00 **Wheeler Dealers** Mike and Elvis decide to take on a Porsche 911 in rough shape. **8.00** Mike and Elvis attempt to make an Audi RS6 estate car faster than a sports car. **9.00** Mike and Elvis take a gamble on a TVR Griffith. **10.00** Mike works on a rare 2001 Audi S4 Avant. **11.00** Mike and Ant take a chance on a 2006 Porsche Cayenne Turbo S. **12.00** M'T Mike and the team work on a 2002 Mercedes Benz E55 AMG.
1.00 **to 4.00** AM **Sewer Divers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.55 AM **Song Sung Blue** Drama. (2025, 12, 132min) ★★★
9.10 **Tom and Jerry: Forbidden Compass** As 5.15am.
10.55 **Signal One** As 6.25pm.
12.35 PM **Hamnet** As 8.00pm.
2.50 **Seven Snipers** Action thriller. (2025, 15, 87min) ★★★
4.25 **Mortal Kombat II** Adventure. (2024, 15, 116min) ★★★
6.25 **Signal One** Sci-fi thriller starring Isabelle Fuhrman. (2026, 15, 87min) ★★★★

10.15 Heretic

8.00 Hamnet Period drama starring Paul Mescal and Jessie Buckley. After losing their son to plague, Agnes and William Shakespeare grapple with grief. With Emily Watson, Joe Alwyn, Jacobi Jupe and Noah Jupe. (2025, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Heretic Horror starring Hugh Grant. Two young missionaries are forced to prove their faith when they knock on the wrong door. With Sophie Thatcher. (2024, 15, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Normal** Action comedy. (2026, 15, 91min) ★★★★
1.45 **Lurker** Psychological drama. (2025, 15, 100min) ★★★★
3.40 **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91min)
5.15 **to 7.00** AM **Tom and Jerry: Forbidden Compass** Animation. (2025, PG, 104min)

Sky Cinema Box Set

303 303 403 503 517

6.25 AM **The Cinema List: Heroes**
6.35 **Teenage Mutant Ninja Turtles**
8.30 **Teenage Mutant Ninja Turtles: Out of the Shadows** (2016)
10.35 **Zombieland** (2009) ★★★★
12.10 PM **Zombieland: Double Tap** Comedy. (2019, 15) ★★★
2.00 **Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
4.00 **Bourne Supremacy** Thriller. (2004, 12, 108min) ★★★★
5.55 **Bourne Ultimatum** Thriller. (2007, 12, 115min) ★★★★

10.35 Zombieland

8.00 The Bourne Legacy Espionage thriller sequel starring Jeremy Renner and Rachel Weisz. A genetically enhanced agent goes on the run with his supervisor when his life is threatened from within his organisation. (2012, 12, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Jason Bourne Thriller starring Matt Damon and Tommy Lee Jones. The former government operative is drawn out of hiding to uncover more truths about his father. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Anchorman: The Legend of Ron Burgundy** Comedy. (2004, 12, 94min) ★★★★
2.20 **Anchorman 2: The Legend Continues** Comedy sequel. (2013, 15, 118min) ★★
4.30 **to 6.05** AM **Lake Placid** Horror comedy starring Bill Pullman. (1999, 15, 82min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.25 AM **The Last Rifleman** Drama. (2022, 15, 115min) ★★★
9.10 **Empire of the Sun** Steven Spielberg's epic drama. (1987, PG, 152min) ★★★★
11.50 **Bohemian Rhapsody** Biopic. (2018, 12, 134min) ★★★★
2.05 PM **September 5** Thriller. (2024, 15, 95min) ★★★★
3.50 **Hamnet** Period drama. (2025, 12, 125min) ★★★★
6.00 **Boyz N the Hood** Oscar-nominated drama starring Larry Fishburne and Cuba Gooding Jr. (1991, 15, 111min) ★★★★★
8.00 **Chicago** Oscar-winning screen version of the hit Broadway musical, starring Renée Zellweger, Catherine Zeta-Jones, Richard Gere and John C Reilly. (2002, 12, 112min) ★★★★
9.55 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix, Lady Gaga and Brendan Gleeson. (2024, 15, 138min) ★★★★
12.15 AM **Hamnet** As 3.50pm.
2.25 **Pillion** Dark comedy starring Alexander Skarsgard, Harry Melling and Douglas Hodge. (2025, 18, 107min) ★★★
4.15 **to 6.00** AM **The Cut** Thriller starring Orlando Bloom. (2024, 12, 99min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.35 AM **Beast of War** Thriller. (2025, 15, 87min) ★★★★
9.10 **M3GAN 2.0** As 11.40pm.
11.25 **The Chronicles of Riddick** Adventure sequel starring Vin Diesel. (2004, 15, 119min) ★★★
1.30 PM **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
3.20 **Constantine** Thriller starring Keanu Reeves and Rachel Weisz. (2005, 15, 121min) ★★★
5.30 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★
8.00 **Ghostbusters** Supernatural comedy starring Bill Murray. A trio of New York university parapsychologists go into business as ghost exterminators. (1984, 12, 105min) ★★★★
10.00 **Mad Max 2** Action thriller sequel starring Mel Gibson as a lone road warrior rescuing a beleaguered community from barbarian bikers. With Vernon Wells. (1981, 15, 95min) ★★★★
11.40 **M3GAN 2.0** Sci-fi thriller sequel. (2025, 15, 120min) ★★★
1.50 AM **Event Horizon** Sci-fi horror thriller. (1997, 18, 96min) ★★★
3.30 **Spin the Bottle** Horror thriller. (2024, 15, 119min) ★★
5.45 **to 7.35** AM **Pet Sematary** Horror. (2019, 15, 101min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.25 AM **Gabby's Dollhouse: The Movie** (2025, U) ★★★
9.10 **Dr Seuss' The Lorax** (2012)
10.45 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
12.20 PM **The BFG** Adventure. (2016, PG, 117min) ★★★★
2.25 **Dr Seuss' The Lorax** Animation. (2012, U) ★★★
3.55 **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★
6.00 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★

6.00 Peter Rabbit

7.40 Peter Rabbit 2: The Runaway Fantasy adventure sequel with the voices of James Corden and Margot Robbie. (2021, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 Cats & Dogs Fantasy comedy with the voices of Tobey Maguire, Alec Baldwin and Sean Hayes. (2001, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 Cats & Dogs: The Revenge of Kitty Galore Fantasy sequel with the voices of James Marsden. (2010, U, 82min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Borrowers** Adventure. (1997, U, 86min) ★★★★
1.40 **Yogi Bear** Family comedy. (2010, U, 81min) ★★★
3.05 **Jack the Giant Slayer** Fantasy. (2013, 12, 114min) ★★★
5.00 **to 6.55** AM **The Golden Compass** Fantasy adventure. (2007, PG, 109min) ★★★

Sky Cinema Action

306 306 407 507 521

7.00 AM **Kong: Skull Island** Fantasy. (2017, 12, 118min) ★★★★
9.00 **Bad Boys** Action comedy. (1995, 15, 118min) ★★★
11.00 **Bad Boys II** Action comedy sequel. (2003, 15) ★★★
1.30 PM **Spider-Man: No Way Home** Adventure sequel. (2021, 12, 148min) ★★★★
4.00 **Superman** Fantasy adventure. (2025, 12, 129min) ★★★★
6.15 **Normal** Action comedy. (2026, 15, 91min) ★★★★

8.00 Bullet Train

8.00 Bullet Train Comedy thriller starring Brad Pitt, Joey King, Andrew Koji, Brian Tyree Henry and Aaron Taylor-Johnson. Five assassins aboard a high-speed train discover their missions have something in common. (2022, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Kraven the Hunter Fantasy starring Aaron Taylor-Johnson. A conservationist's complex relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Internship** Thriller. (2026, 15, 87min) ★★★
2.05 **Sisu: Road to Revenge** Finnish adventure. Partly subtitled. (2025, 15, 89min) ★★★★
3.45 **Shenandoah** Western. (1965, PG, 101min) ★★★★
5.40 **to 7.30** AM **Jackie Chan's Police Story** (1985, 15) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.30 AM **Cinema List: Remakes**
7.00 **American Pie 2** (2001) ★★★
9.00 **American Pie: The Wedding** Comedy. (2003, 15, 96min) ★
10.40 **American Reunion** Comedy sequel. (2012, 15, 108min) ★★
12.35 PM **Bean** (1997, PG) ★★★
2.10 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
3.45 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
5.50 **Logan Lucky** Crime caper. (2017, 12, 114min) ★★★★

8.00 You've Got Mail

8.00 You've Got Mail Romantic comedy starring Tom Hanks and Meg Ryan as two bookshop owners who hate one another in real life but are e-mail lovers in cyberspace. With Parker Posey and Greg Kinnear. (1998, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Bridget Jones: Mad About the Boy Romantic comedy sequel starring Renée Zellweger. Bridget enters the dating game again, caught between her son's science teacher and a younger man. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★
1.40 **The Whole Nine Yards** Thriller. (2000, 15, 101min) ★★★
3.30 **The Cable Guy** Dark comedy. (1996, 12, 96min) ★★★★
5.20 **to 7.15** AM **Kingpin** Comedy. (1996, 12, 114min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.15 AM **Caught Stealing** Comedy thriller. (2025, 15) ★★★★
9.15 **The Accountant** Thriller. (2016, 15, 123min) ★★★
11.30 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
1.45 PM **Sherlock Holmes: A Game of Shadows** Adventure sequel. (2011, 12, 128min) ★★★
4.00 **Civil War** Action thriller. (2023, 15, 109min) ★★★★
6.00 **Now You See Me** Thriller. (2013, 12, 115min) ★★★

6.00 Now You See Me

8.00 Now You See Me 2 Crime thriller sequel starring Jesse Eisenberg, Mark Ruffalo and Daniel Radcliffe. A gang of magicians-turned-criminals reunite to expose the activities of a ruthless businessman. With Woody Harrelson. (2016, 12, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

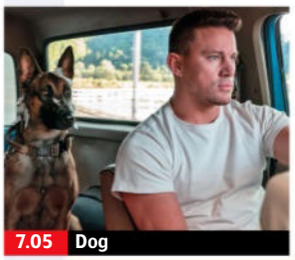
10.15 Clear and Present Danger Crime thriller starring Harrison Ford. CIA agent Jack Ryan discovers links between a Colombian drugs cartel and the US government. (1994, 12, 141min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **A Clockwork Orange** Stanley Kubrick's satire. (1971, 18, 136min) ★★★★
3.00 **GoodFellas** Gangster drama. (1990, 18, 143min) ★★★★★
5.30 **to 7.15** AM **In Cold Light** Thriller starring Maika Monroe. (2025, 15, 96min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Deck the Halls** Comedy. (2006, PG, 93min) ★★
12.50 PM **Playing with Fire** Comedy. (2019, PG, 96min) ★★
2.45 **Enemy Mine** Sci-fi drama. (1985, 15, 108min) ★★★
4.55 **The Golden Voyage of Sinbad** Fantasy adventure. (1973, U, 104min) ★★★
7.05 **Dog** Comedy co-directed by and starring Channing Tatum. (2022, 12, 101min) ★★★



7.05 Dog

Dog (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Missing Mystery thriller starring Storm Reid. When her mother goes missing while on vacation with her new boyfriend, a teenager searches for answers through her online investigative skills. With Nia Long. (2023, 15, 111min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 Kingsman: The Golden Circle Comedy adventure with Taron Egerton and Colin Firth. Secret agents Eggsy and Merlin join forces with their US counterparts to bring down a psychotic femme fatale. (2017, 15, 141min) ★★★
2.00 **to 3.55** AM **Fremont** Comedy drama with Anaita Wali Zada. (2023, b/w, 12, 91min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Animation

302 302 402 502 516

6.05 AM **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91min)
7.40 **Puss in Boots** Animation. (2011, U, 90min) ★★★★
9.15 **Despicable Me** Animation. (2010, U, 94min) ★★★★
11.00 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
12.45 PM **Despicable Me 3** Animated sequel. (2017, U, 99min) ★★★

2.25 **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
4.00 **Kung Fu Panda 2** Animation. (2011, PG, 90min) ★★★★
5.35 **Kung Fu Panda 3** Animation. (2016, PG, 95min) ★★★★
7.15 **The Lego Movie** Animation with the voice of Chris Pratt. (2014, U, 100min) ★★★★★
9.05 **Smallfoot** Animated adventure with the voice of Channing Tatum. (2018, U, 96min) ★★★
10.50 **Open Season** Animation. (2006, PG, 86min) ★★★★

12.20 AM **Open Season 2** Animated sequel. (2008, PG, 73min) ★★★
1.40 **Open Season 3** Animated sequel. (2010, U, 74min) ★★
3.00 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
4.30 **to 6.05** AM **Fireheart** Animation. (2022, U, 92min) ★★★

Sky Cinema Greats

307 307 404 504 518

7.10 AM **National Lampoon's Vacation** As 1.40pm.
8.50 **The Man with Two Brains**
10.25 **Blazing Saddles** As 3.05am.
12.00 NOON **Caddyshack** Comedy. (1980, 15, 95min) ★★★
1.40 PM **National Lampoon's Vacation** Comedy. (1983, 15) ★★
3.20 **The Man with Two Brains** Comedy starring Steve Martin. (1983, 15, 93min) ★★★★

4.55 **Big Daddy** Comedy with Adam Sandler. (1999, 12, 95min) ★★★
6.30 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
8.00 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey and Ian McNeice. (1995, PG, 89min) ★★★
9.40 **The 'burbs** Comedy starring Tom Hanks. Three suburban neighbours try to discover the truth about a strange family. (1989, PG, 103min) ★★★

11.30 **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★
1.10 AM **'About Last Night...'** Comedy drama. (1986, 18, 113min) ★★★
3.05 **Blazing Saddles** Western spoof. (1974, 12, 90min) ★★★★
4.40 **to 6.20** AM **Arthur** Comedy. (1981, 15, 93min) ★★★★

Disney+ Cinema

305 305

6.00 AM **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
8.00 **Brave** Animated adventure. (2012, PG, 93min) ★★★★
9.35 **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
11.25 **Mufasa: The Lion King** Animated adventure prequel. (2024, PG, 118min) ★★★
1.25 PM **Finding Nemo** Animation. (2003, U, 104min) ★★★★★

3.05 **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U, 73min) ★★★
4.25 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
6.45 **Beauty and the Beast** Musical. (2017, PG, 129min) ★★★★
9.00 **Solo: A Star Wars Story** Sci-fi action adventure prequel. (2018, 12, 135min) ★★★★
11.15 **The Amateur** Action thriller. (2025, 12, 125min) ★★★★

1.20 AM **Dodgeball: A True Underdog Story** Comedy starring Vince Vaughn and Ben Stiller. (2004, 12, 92min) ★★★★
2.55 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
4.30 **to 6.00** AM **Flubber** Fantasy comedy. (1997, U, 94min) ★★★

Movies 24

312 313 419

7.00 AM **An American in Austen** Comedy. (2024, PG, 84min) ★★
9.00 **Journey to You** Romantic drama. (2025, PG, 84min) ★★
11.00 **Lost In Paradise** Romantic drama. (2026, PG, 84min) ★★
1.00 PM **Notes of Autumn** Romantic drama. (2023, PG, 90min) ★★
3.00 **The Love Heist** Romantic drama starring Lyndsy Fonseca. (2026, PG, 90min) ★★

5.00 **Destination Love** Romantic comedy with Anna Hutchison. (2021, PG, 90min) ★★
7.00 **Kentucky Roses** Romantic drama starring Andrew Walker. (2026, PG, 90min) ★★
9.00 **Blind Date Book Club** Romantic drama starring Erin Krakow and Robert Buckley. A Nantucket bookshop owner known for matchmaking others finds love with a bestselling author who visits her store. (2024, PG, 90min) ★★

11.00 **Romance at Hope Ranch** Drama. (2026, PG, 84min) ★★
1.00 AM **The Reluctant Royal** Comedy. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **The Royal We** Comedy. (2025, PG, 84min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Up River** Crime drama. (1979, 12, 90min) ★★
7.45 **The Great Holdup** Short film.
8.00 **The Lucy Show** 8/24. (S6)
8.30 **My Outlaw Brother** Western. (1951, b/w, PG, 78min) ★★★
10.10 **X the Unknown** Hammer horror. (1956, b/w, PG, 80min) ★★
11.45 **Batman** 17/26. (S3)
12.15 PM **A Hole Lot of Trouble** Comedy. (1971, PG, 27min) ★★

12.50 **North West Frontier** Adventure. (1959, U, 129min) ★★★
3.25 **New Seekers: Keep Britain Tidy**
3.30 **For the Love of Ada** 3/7. (S2)
4.00 **The Man from UNCLE** (S2)
5.00 **The Footage Detectives**
6.00 **The Railway Children** Drama. (2000, U, 108min) ★★
8.05 **The Quatermass Experiment** Horror. (1955, b/w, PG) ★★★
9.45 **Confessions of a Driving Instructor** Comedy with Robin Askwith. (1976, 18, 86min) ★
11.30 **The Heritage Chart Show**

12.35 AM **Out of the Fog** Drama. (1962, b/w, PG, 69min) ★★
1.55 **The Hitch-Hiker** (1953) ★★★★
3.25 **Cinebox Memories**
3.30 **The Rogues** 29/30. (S1)
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 33/39. (S1)
5.30 **to 6.00** AM **Supercar**

SUNDAY Sport

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
12.00 NOON **Sports Sunday**
12.30 PM **LIVE EFL** Watford v Southampton. Coverage of the match from the opening weekend of the Championship staged at Vicarage Road. Kick-off is at **1.30pm**.
3.45 **LIVE EFL** Burnley v West Ham United. Coverage of both teams' opening Championship game of the season at Turf Moor. Kick-off **4.00pm**.
6.00 **LIVE The Hundred** The men's final between the winners of the eliminator and the team that finished top of the table staged at Lord's. Start-time **6.00pm**.
9.30 **LIVE PGA Tour Golf** Coverage of day four of the FedEx St Jude Championship, the first event in the FedExCup play-offs held at TPC Southwind in Tennessee.
11.00 **LIVE WTA & ATP Tennis** Coverage of day four of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
9.00 **Premier League Years**
11.00 **Arsenal Champions Show**
12.00 NOON **PL Highlights**
2.00 PM **Premier League Highlights** Action from Arsenal v Aston Villa.
2.30 **SNF** Bournemouth v Arsenal.
3.00 **Premier League Highlights** Leeds United v Arsenal.
3.30 Highlights from Tottenham Hotspur v Arsenal.
4.00 Action from Arsenal v Everton held at Emirates Stadium.
4.30 West Ham United v Arsenal staged at London Stadium.
5.00 Highlights of Crystal Palace v Arsenal from Selhurst Park.
5.30 **Arsenal Champions Show**
6.30 **Premier League Stories**
7.00 **Premier League Years** A look back at the 2025/26 season.
9.00 **Transfer 360** Double bill.
10.00 **Premier League Stories**
10.30 **Cult Heroes** Yakubu.
11.00 **Premier League Years**
1.00 AM **PL Retro** Leeds v Liverpool.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Highlights**
12.30 PM **LIVE EFL** Watford v Southampton. Coverage of the match from the opening weekend of the Championship held at Vicarage Road. The teams shared the spoils in a 2-2 draw here last term, with Nestory Irankunda's 81st-minute strike salvaging a point for the Hornets. Kick-off **1.30pm**.
3.45 **LIVE EFL** Burnley v West Ham United. Coverage of the Championship match at Turf Moor. Both sides are looking to make a return to the Premier League after relegation last term. Kick-off **4.00pm**.
6.30 **EFL Highlights** Championship.
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **EFL Highlights** Championship.
11.00 **EFL League One Goals**
11.30 **EFL League Two Goals**
12.00 M'T **SPFL Greatest Games**
2.00 AM **EFL Greatest Games**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup** The 2020/21 final.
5.00 **Best Goals: EFL Cup 2020/21**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.00 **The Hundred** The men's eliminator held at The Kia Oval.
1.30 PM **The Hundred Bitesize**
2.00 **LIVE The Hundred** The women's final between the eliminator winners and the team that topped the round-robin stage held at Lord's. Start-time **2.15pm**.
5.30 **LIVE The Hundred** Coverage of the men's final between the winners of the eliminator and the team that finished top of the table staged at Lord's. MI London, then known as Oval Invincibles, were the victorious team last year, overcoming Trent Rockets by 26 runs with the help of bowling figures of 3/25 from Nathan Sowter. Start-time **6.00pm**.
9.30 **The Hundred Bitesize** Action from the women's and men's finals.
10.00 **The Hundred** Another chance to see the men's final held at Lord's.
2.00 AM **The Hundred Bitesize** SunRisers Leeds v Welsh Fire.
2.15 **The Hundred** A chance to see the women's final held at Lord's.
5.45 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour Golf**
11.00 **LIVE DP World Tour Golf** Coverage of day four of the Danish Golf Championship at Great Northern in Kerteminde.
4.00 PM **LIVE PGA Tour Golf** Coverage of day four of the FedEx St Jude Championship, the first event in the FedExCup play-offs at TPC Southwind in Tennessee.
11.00 **Scotland's Greatest Golf Holes**
12.00 M'T **Miracle at Medinah – The Story of the 2012 Ryder Cup**
2.00 AM **PGA Tour Golf**
3.00 **School of Golf** Expert tips.
4.00 **Best of the Open Zone 2024**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
11.00 **ATP Tour This Week**
11.30 **WTA & ATP Tennis**
4.00 PM **LIVE WTA & ATP Tennis** Coverage of day four of the Cincinnati Open, a hard-court tournament staged at Lindner Family Tennis Center in Mason, Ohio, where the second round is scheduled to conclude.
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE AFL** Western Bulldogs v Carlton. From Marvel Stadium. Bounce-up **6.15am**.
9.00 **LIVE European Rally Championship** Czech Rally Zlin.
10.00 **Premier League Review**
12.00 NOON **LIVE Men's Cycling** Stage four of the Tour of Czechia.
1.30 PM **The Fantasy Show**
2.00 **LIVE FA Community Shield** Arsenal v Manchester City. From Principality Stadium in Cardiff. Kick-off is at **3.00pm**.
6.00 **Premier League Preview**
7.00 **Men's Cycling Pro Series**
8.00 **Test Cricket Highlights**
9.00 **LIVE MLB** Los Angeles Dodgers v Milwaukee Brewers. From Dodger Stadium. Start-time is at **9.10pm**.
12.00 M'T **Training Day** Baseball.
12.15 AM **LIVE MLB** Houston Astros v Seattle Mariners. Start-time **12.20am**.
3.00 **TNT Sports Reload**
3.15 **British Superbikes**
4.15 **Test Cricket Highlights**
5.15 **to 6.00** AM **LIVE Test Cricket** Sri Lanka v India. The third day's play of the first Test from Galle.

TNT Sports 2

411 414 522 409 431

6.00 AM **Men's Cycling Pro Series**
7.00 **LIVE Snooker: China Open** The first session of the final at Riverside Sports Centre, Taiyuan.
10.00 **Men's Cycling Pro Series**
12.00 NOON **TNT Sports Reload**
12.30 PM **LIVE Snooker: China Open** Coverage of the second session of the final at Riverside Sports Centre in Taiyuan.
4.00 **LIVE Men's Cycling Pro Series** Coverage of stage four of the Arctic Race of Norway.
5.00 **CPL Highlights**
5.30 **MLB Highlights**
6.30 **LIVE MLB** Atlanta Braves v Arizona Diamondbacks. Coverage of the National League match held at Truist Park. Start-time **6.35pm**.
9.30 **FA Community Shield**
11.00 **CPL Highlights**
11.30 **LIVE CPL** Saint Lucia Kings v Barbados Tridents. Coverage of the T20 match held at Daren Sammy Cricket Ground in Saint Lucia.
3.45 AM **TNT Sports Cricket Reload**
4.00 **Hard Knocks: Training Camp with the Seattle Seahawks**
5.00 **to 6.00** AM **LIV Golf**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Warrington Wolves v Catalans Dragons.
9.00 **Super League** St Helens v Catalans Dragons from 2025.
12.00 NOON **NFL Highlights**
1.00 PM **NBA Basketball** Los Angeles Lakers v Golden State Warriors.
3.00 **NFL Highlights** San Francisco 49ers v Seattle Seahawks.
4.00 **Super League Highlights**
5.00 **NFL Highlights** Jacksonville Jaguars v Los Angeles Ram.
6.00 **NBA Basketball** Oklahoma City Thunder v Houston Rockets.
8.00 **NBA Basketball** A chance to see Detroit Pistons v Boston Celtics.
10.00 **NFL Bitesize Highlights** Dallas Cowboys v Kansas City Chiefs.
10.15 Detroit Lions v Dallas Cowboys in the 2025/26 season.
10.30 Tampa Bay Buccaneers v Atlanta Falcons from 2025/26.
10.45 Cincinnati Bengals v Pittsburgh Steelers in 2025/26.
11.00 **NFL Highlights** Seattle Seahawks v San Francisco 49ers.
12.00 M'T **NFL Highlights**
2.00 AM **Super League Highlights**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
12.00 NOON **Sports Sunday**
4.00 PM **LIVE WTA & ATP Tennis** Coverage of day four of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio, where the second round is scheduled to conclude. Cameron Norrie was the only British male involved at this stage last year but he was on the wrong end of a 4-6 3-6 scoreline as he was defeated by Spain's Roberto Bautista Agut. Meanwhile, the men's number one seed Jannik Sinner claimed a 6-1 6-1 win over Daniel Elahi Galán.
12.00 M'T **LIVE WTA & ATP Tennis** Further coverage of day four of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio. Emma Raducanu claimed a 6-3 6-2 victory over Olga Danilovic at the corresponding stage last year, while American number two seed Coco Gauff triumphed by the same scoreline in her match against Xin Wang.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.45 AM **PL Greatest Games**
7.00 **NFL Highlights**
9.00 **EFL Greatest Games**
9.15 **LIVE NRLW** North Queensland Cowboys v Cronulla-Sutherland Sharks. Coverage of the match staged at Queensland Country Bank Stadium. Kick-off **9.15am**.
11.15 **My Icon** Heather Fisher.
11.30 **World Champ Darts Finals**
12.00 NOON **NFL Highlights**
2.00 PM **LIVE The Hundred** The women's final between the eliminator winners and the team that topped the round-robin stage held at Lord's. Start-time **2.15pm**.
5.30 **LIVE The Hundred** The men's final between the winners of the eliminator and the team that finished top of the table held at Lord's. Start-time **6.00pm**.
9.30 **World Champ Darts Finals**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 M'T **My Icon** Sporting influences.
12.30 AM **Darts Gold** Archive action.
1.00 **Premier League Darts**
5.00 **My Icon** Sporting influences.
5.30 **to 6.00** AM **Darts Gold**

TNT Sports 3

413 415 523 410 432

5.30 AM **LIVE AFLW** Adelaide Crows v Sydney Swans. Bounce-up **5.35am**.
7.30 **LIVE European Athletics Championships** The seventh and final day from Birmingham.
10.30 **LIVE Formula E** The London ePrix qualifying session two.
12.15 PM **MotoGP Rewind**
12.30 **British Superbikes**
1.00 **LIVE British Superbikes** Coverage from Thruxton Circuit.
6.00 **MotoGP Highlights**
7.00 **LIVE European Athletics Championships** In Birmingham.
9.30 **TNT Sports Reload**
10.00 **Snooker: China Open**
12.00 M'T **British Superbikes**
1.00 AM **Serie A – Full Impact**
2.00 **LIVE NWSL** Angel City v Washington Spirit. From BMO Stadium. Kick-off **2.00am**.
4.15 **TNT Sports Reload**
4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE Test Cricket** Sri Lanka v India. Coverage of day two of the first Test in the two-match series staged at Galle International Stadium.
1.30 PM **Formula E Unplugged**
2.00 **LIVE Formula E** Race two of the London ePrix at ExCeL London Circuit. Start-time **3.05pm**.
4.45 **Formula E Unplugged**
5.15 **UIM F1H2O World Championship Highlights**
5.45 **TNT Sports Reload**
6.00 **AFL** Port Adelaide v Melbourne. **7.30** Another chance to see GWS Giants v West Coast Eagles.
9.00 **UFC** A chance to see Islam Makhachev v Ian Machado Garry.
12.00 M'T **Men's Cycling** Action from the ADAC Cyclassics Hamburg.
1.00 AM **Men's Cycling Pro Series**
3.00 **AFL** Western Bulldogs v Carlton.
4.30 **UIM F1H2O World Championship Highlights**
5.00 **to 6.00** AM **MotoGP Highlights**

Premier Sports 1

419 APP 528

6.00 AM **FIM Sidecarcross Championship** From Lithuania.
7.00 **LaLiga** Alaves v Getafe.
9.00 **Premier Sports Cup**
11.00 **Football's Greatest**
11.30 **Brasileiro Serie A**
1.30 PM **LaLiga** Alaves v Getafe.
3.30 **LIVE Premier Sports Cup** Rangers v St Mirren. Coverage of the second-round tie held at Ibrox. Kick-off is at **4.00pm**.
7.00 **Football's Greatest**
8.00 **LaLiga Match Highlights**
8.25 **LIVE LaLiga** Celta Vigo v Osasuna. The Spanish top-flight game at Estadio Abanca-Balaídos. Kick-off **8.30pm**.
10.25 **LIVE Brasileiro Serie A** Mirassol v Flamengo. Coerage of the match at José Maria de Campos Maia. Kick-off **10.30pm**.
12.30 AM **Sporting Greats**
1.30 **LaLiga** Two match replays.
5.30 **to 6.00** AM **World of FreeSports**

Premier Sports 2

420 APP 529

6.00 AM **Football's Greatest**
7.00 **Coppa Italia** Two match replays.
11.00 **Bike World** Magazine.
11.30 **Coppa Italia** Udinese v Padova.
1.30 PM **Football's Greatest**
2.00 **LaLiga** Alaves v Getafe.
3.55 **LIVE LaLiga** Racing v Villarreal. Coverage of the Spanish top-flight match from El Sardinero. Kick-off **4.00pm**.
5.55 **LIVE LaLiga** Espanyol v Levante. Coverage of the Spanish top-flight match at RCDE Stadium. Kick-off **6.00pm**.
7.55 **Football's Greatest**
8.25 **LIVE Brasileiro Serie A** Fluminense v Palmeiras. All the action from the Maracana Stadium. Kick-off **8.30pm**.
10.30 **Football's Greatest**
11.00 **Bike World** Highlights.
11.30 **Coppa Italia** Two match replays.
3.30 AM **Football's Greatest**
4.30 **Mass Participation**
5.30 **to 6.00** AM **NHL: This is Hockey**

Sky Sports F1

407 407 507 424 444

6.00 AM **Ferrari Challenge UK**
6.30 **British Kart Championships**
7.30 **Formula 1** Hungarian Grand Prix.
8.30 **Indycar** The Indy at Markham.
10.00 **Ollie Bearman Drives Ayrton Senna's Lotus**
10.15 **British GT Championship**
11.20 **LIVE British GT Championship** Race one at Snetterton Circuit.
12.55 PM **Alba Larsen IV**
1.00 **All In: Indycar**
1.30 **LIVE Indycar** The Indy at Markham warm-up session.
2.30 **Formula 1** Hungarian Grand Prix.
3.30 **British Kart Championships**
4.30 **All In: Indycar**
5.00 **LIVE Indycar** Coverage of the Indy at Markham at the Streets of Markham circuit in Canada.
7.30 **British GT Championship**
9.05 **The Cornwall Air Ambulance**
9.20 **F1 Features**
9.30 **Formula 1** Recent highlights.
12.30 AM **F1 Features**
2.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

17 August

Planner

Buried with Michael Sheen

DOCUMENTARY BBC2, 9pm

The actor investigates decades-old allegations of chemical contamination near his home town in south Wales, on a quest for the truth. He meets families who claim to have been affected and tries to find out why the story has been buried for so long.

Lanterns *SCI-FI HBO Max*

Kyle Chandler (right) stars in this DC Studios drama as Green Lantern veteran Hal Jordan, who is training new recruit John Stewart (Aaron Pierre) for a career as an intergalactic peacekeeper – as they investigate a murder in rural Nebraska.

Martin & Roman's Irish Road Trip

TRAVELOGUE C4, 8pm

The father-and-son duo continue their journey in the Emerald Isle, visiting the counties of Meath and Dublin. They learn about musical traditions, explore a spooky ruin and find out about faeries at a distillery.

Surfing Hippos: Gabon's Beach Jungle

DOCUMENTARY National Geographic WILD, 7pm

In a stark warning about the waste humans create, this documentary takes us to the Congo rainforest on the coast of Gabon, where plastic waste is threatening the fragile ecosystem.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Scam...	9.00 Death in Paradise †		10.00 News; Local News	10.40 Have... †
	102 BBC2	7.00 Global Eye	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Buried with Michael Sheen		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 Long Lost Family: Born Without Trace...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Martin & Roman's Irish Road Trip		9.00 Celebrity Hunted		10.00 Secret Lives of Gypsy Wives	
	105 5	7.00 Traffic Cops		8.00 Street Cops: Catching the Yobs		9.00 Fare Dodgers: At War with the Law		10.00 Police Interceptors: Taking Down the...	
	106 SKY ONE	7.00 The Simpsons		8.00 Agatha Raisin				10.00 Last Week Tonight with John Oliver	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 The Great British Sewing Bee		9.00 Top Gear		10.00 Silent Witness	
	116 BBC4	7.00 The Architecture the Railways Built		7.55 The Art of Spain		9.00 Mastermind	9.30 Call My Bluff	10.00 Art on the BBC: Michelangelo – The...	
	118 ITV2	7.00 The Floor		8.00 The 1% Club		9.00 The Only Way Is Essex		10.00 Family Guy	
	136 MORE4	‹ 6.50 Car S.O.S.		7.55 Grand Designs		9.00 Celebrity PopMaster TV		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Vanderpump Rules		9.00 Below Deck Down Under		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Special Victims Unit		10.00 Law & Order: Criminal Intent	
	108 SKY ATLANTIC	‹ 6.45 House of the Dragon				9.00 Film: Promising Young Woman			
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Porridge	9.40 The Office		10.20 Not Going Out
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?		8.20 Would I Lie to You?...	9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Grantchester	
	120 ITV4	7.00 Formula E Highlights		8.00 The Motorbike Show		9.00 Film: Apollo 13			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Stupid Central		10.00 The Best of Mr Bean	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Brokenwood Mysteries				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 My Life Is Murder		9.00 Father Brown		10.00 Death in Paradise	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Shall We Dance?					
	132 U&W	7.00 MasterChef Australia		8.00 Special Ops: Crime Squad UK		9.00 The Killing of James Bulger			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Ant Anstead Master Mechanic		9.00 Maine Cabin Masters		10.00 Building Off the Grid	
	162 ANIMAL PLANET	7.00 Treehouse Masters: Out on a Limb		8.00 Air Jaws: Back from the Dead		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Disaster Autopsy		9.00 Air Crash Investigation		10.00 Mysterious Islands	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp Mysteries with Troy Landry		9.00 Secrets Declassified with David...		10.00 UFO POV	
	155 U&YESTERDAY	7.00 The Blue Planet		8.00 Canal Boat Diaries				10.00 Bangers & Cash	
	114 SKY DOCS	‹ 6.00 I Am Heath Ledger		8.00 Mind Over Murder					

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Countryfile Treasures** (S)(R)
10.30 **Garden Rescue** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition Ardingly in West Sussex. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Transforming a large bookcase and an unwanted footstool. (S)
2.45 **Escape to the Country** New edition A family hope to find a home in Aberdeenshire. (S)
3.30 **The Repair Shop** (S)(R)(AD)
4.30 **The Answer Run** New edition Quiz hosted by Jason Manford. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7.00 **The One Show** Lauren Laverne and Roman Kemp host the topical show. (S)
7.30 **EastEnders** A situation escalates for Nicola and George, Avani tries to play matchmaker, while Amy worries about recent events. (S)(AD)

8.00 **Panorama: Child Maintenance – Parents Under Pressure** (S)
8.30 **Scam Interceptors** Ethical hacker Jim Browning catches scammers at work on their own CCTV. (S)(R)

9.00 **Death in Paradise** *Murdering Lyrical:* 7/9. A reggae rap artist is shot dead during a soundcheck for a concert. Things prove uncomfortable for Marlon when he discovers a personal connection to the crime. (S11) (S)(R)(AD)

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** David Tennant hosts, with actor and comedian Miles Jupp and journalist Cathy Newman joining team captains Paul Merton and Ian Hislop as they delve into the news from May 2025. (S)(R)
11.10 FILM **Mission: Impossible III** Action thriller sequel starring Tom Cruise, Philip Seymour Hoffman and Michelle Monaghan. Secret agent Ethan Hunt tries to free his kidnapped wife from the clutches of an international arms dealer. With Laurence Fishburne. (S)(AD) (2005, 12, 115min) ★★★★
1.05 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.10 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.45 AM **Beechgrove Garden** (S)(R)
7.15 **The Answer Run** (S)(R)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **Animal Park Summer** (S)(R)(AD)
3.30 **Serengeti II** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** From Renishaw Hall. (S)(R)
5.15 **Flog It!** From Cornwall. (S)(R)
6.00 **Richard Osman's House of Games** With previous winners Edith Bowman, Rhys James, Anita Rani and Simon Rimmer. (S)(R)
6.30 **Bear Grylls: Wild Reckoning** Bear helps a couple whose marriage was pushed to the brink to reconnect. (S)(R)(AD)

9.00 Buried with Michael Sheen

7.00 **Global Eye** Investigations from BBC correspondents worldwide. (S)
7.30 **Mastermind** New edition Tonight's specialist subjects include Hergé's *Tintin* books and the films of Paul Newman. (S)

8.00 **Only Connect** New edition Accrual World take on the Knitwits in another first-round match. (S)
8.30 **University Challenge** New edition The University of Bath take on City St George's, University of London. (S)

9.00 NEW SERIES **Buried with Michael Sheen** 1/2. Investigating claims of conspiracy, complicity and denial over allegations of toxic chemical contamination in south Wales. *See feature, page 21.* (S)(AD)
■ Entire series on BBC iPlayer

10.00 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob set off in a punt to fish for perch on the River Thames. (S)(R)(AD)
10.30 **Newsnight** (S)
11.05 **Disclosure: Welcome to Glasgow** Myles Bonnar investigates claims that parts of Scotland's biggest city have become no-go zones. (S)
12.05 AM **A House Through Time** 1/4. Charting history through the successive inhabitants of an Edinburgh house. (S)(R)(AD)
1.05 **Sign Zone: Countryfile** Adam Henson meets young farmers in West Sussex. (S)(R)
2.00 **Sign Zone: Bergerac** (S)(R)(AD)
2.45 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the dealers descend on Nottingham, where Henry Nicholls gets a grilling over a brooch collection, and Fay Rutter sets her sights on a German camera. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Brian H tries to open the 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Long Lost Family

7.30 **Fletchers' Family Farm** 10/10. Kelvin is in the market for a bull in his mission to expand the cow herd, and Marnie checks in on her Jacob's sheep. Plus, Milo, Kelvin and his father start to work on a vintage tractor. (S)(R)(AD)

8.00 **Emmerdale** Ruby orchestrates the theft of Jimmy's shipment. (S)(AD)
8.30 **Coronation Street** Sarah refuses to use her contacts to help another prisoner, while Lily offers an olive branch to Lucy. (S)(AD)

9.00 **Long Lost Family: Born Without Trace – What Happened Next** New edition Nicky Campbell and Davina McCall introduce updates on the stories of foundlings Susanne Barrow and Tom Yeo. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Cold Case Forensics: In the Blood** 3/3. Forensic scientist Angela Gallop and her team reveal how clues in blood traces helped solve two crimes, including the killing of 10-year-old Damilola Taylor. (S)(R)(AD)
11.40 **Love & Death** 6/7. Allan's testimony about Betty's state of mind rankles with her father. (S)(R)
12.25 AM 7/7. Candy testifies that she feared for her life. (S1) (S)(R)
1.25 **Teleshopping**
3.00 **The Staircase** (S)(SL)(R)(AD)
4.05 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S5&6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** Brooklyn. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great B&B Challenge** Six couples compete to win a five-bedroom B&B in the heart of rural France. (S)(R)
5.00 **Chateau DIY** Tim and Sasha try to transform a murky pond into a gleaming water feature to rehouse their 80 goldfish. (S)(R)(AD)
6.00 **American Pickers** New edition A toy museum is ready to sell its collection of treasures. (S)(AD)

8.00 Martin & Roman Irish Road Trip

7.00 **News** (S)

8.00 **Martin & Roman's Irish Road Trip** New edition 2/3. Martin and Roman Kemp explore Meath and Dublin, from the Boyne Valley tombs and the Hill of Tara, to the Hellfire Club ruins and Slane Castle. (S)(AD)

9.00 **Celebrity Hunted** New edition Two celebrities on the run drop in at a show bar, a social media post provokes the hunters to raid a retirement home, and a couple of fugitives pop up live on the BBC. (S)(AD)
■ Continues tomorrow

10.00 **Secret Lives of Gypsy Wives** New edition Trewley's first rap song enjoys mixed success, and her Christmas present for her mother misfires, so she tries to make up for it by taking her to speed dating. (S)(AD)
■ Entire series on C4 streaming
11.05 **Surgery Secrets of the Super Rich** Documentary. (S)(R)(AD)
12.05 AM NEW SERIES **Walter Presents: Everybody Lies** 1/4. French crime drama. (S1) (S)
1.00 **Ramsay's Hotel Hell** (S)(SL)(R)
1.50 FILM **Blue Bayou** Drama. (S) (2021, 15, 115min) ★★★
3.45 **Levison Wood: Walking with Polar Bears** (S)(SL)(R)(AD)
4.40 **Hollyoaks Omnibus** (S)(SL)(R)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM An Affair to Die For** Thriller starring Ryan Francis. (S)(AD) (2023, 12, 100min) ★★
4.00 **Castle** *In Plane Sight:* 21/23. An air marshal is murdered during a flight. (S7) (S)(R)
4.55 **Love Nature** Cameras follow Sally from Northamptonshire Badger Group as she checks on an urban badger setts. (S)(R)
5.00 **News** (S)
6.00 **Cyprus: Jewel of the Med** A profile of the Mediterranean island, which enjoys 11 months of sunshine every year. (S)(R)
6.55 **News** (S)

8.00 Street Cops

7.00 Traffic Cops On the M1, officers follow a car linked to a known repeat offender and as the car is pulled over, the driver jumps into the back seat. (S)(R)
7.55 **News** (S)

8.00 Street Cops: Catching the Yobs New edition A teenager runs from PC Ellie on the high street, as the police find a nasty, studded baseball bat in the bushes. (S)

9.00 Fare Dodgers: At War with the Law New edition In London, investigators hunt for a woman thought to owe more than £2,300 in unpaid fares, and attempt to stop her at Chadwell Heath station. (S)

10.00 Police Interceptors: Taking Down the Shoplifting Gangs Armed police units are scrambled in a manhunt for a violent shoplifter who has stabbed a security guard with a 19cm blade. (S)(R)
11.05 **Traffic Cops** A motorcyclist puts lives in danger as he tries to outrun the cops. (S)(R)
12.05 AM **Car Pound Cops** (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **GPs: Behind Closed Doors** (R)
2.50 **Castle** As 4.00pm. (S)(R)
3.45 **Friends** (S9) (S)(R)
4.35 **Cruising with Susan Calman** From Panama. (S)(SL)(R)(AD)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S6) (S)(R)
10.00 **Will & Grace** (S11) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Africa's Hunters** (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
3.00 **S.W.A.T.** (S1) (S)(R)(AD)
5.00 **The Simpsons** *Mayored to the Mob:* Homer is appointed bodyguard to Mayor Quimby. With Mark Hamill. (S)(R)
5.30 *The Wizard of Evergreen Terrace:* Homer decides to become an inventor. (S)(R)
6.00 **Rob & Romesh vs Usain Bolt** Comedians Rob Beckett and Romesh Ranganathan meet their idols, beginning by travelling to Jamaica to join up with former sprinter Usain Bolt. (S)(R)(AD)

8.00 Agatha Raisin

7.00 The Simpsons *Viva Ned Flanders:* Homer takes Ned Flanders on a trip to Las Vegas. (S)(R)
7.30 *Homer to the Max:* Homer adopts a new identity and begins calling himself Max Power. (S)(R)

8.00 Agatha Raisin *Agatha Raisin and the Curious Curate – Part One:* 5/6. Agatha's friend Sarah is accused of murder when the village's handsome and popular new curate is found dead. (S)(R)(AD)

9.00 Agatha Raisin *Agatha Raisin and the Curious Curate – Part Two:* 6/6. Agatha fights to clear Sarah's name, but her love life is about to get right in the way of her investigation. (S2) (S)(R)(AD)

10.00 Last Week Tonight with John Oliver New edition The comedian hosts an in-depth, satirical look at developments from the past seven days.
10.45 Frank Skinner: 30 Years of Dirt Stand-up show from the Soho Theatre Walthamstow in which the comedian looks back at his career. (S)(R)
11.45 **Grimm** 1/22. (S1) (S)(R)
12.40 AM **Evil** 1/13. (S1) (S)(R)
1.30 **Road Wars** (S)(R)
2.00 **Best Medicine** New episode *A Tale of Two Sister Cities:* 12/13. Port Wenn welcomes a delegation from Norway. (S1) (S)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
9.00-10.00pm NEW Disclosure: Welcome to Glasgow (S) **10.40** Death in Paradise (S)(R)(AD) **11.40** Have I Got News for You (S)(R) **12.10am** Sportscene: SWPL Highlights (S)(R) **12.40** Scotcast (S)(R) **1.10** Weather for the Week Ahead (S) **1.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40-11.10pm Girl Fight: Documentary. (S)(R)

WALES
Sky 965, Virgin 864, Freesat 965
9.00-10.00pm NEW SERIES Buried with Michael Sheen (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Ar an Sliabh (S)(R)

WALES
Sky 968, Freesat 968
9.00-10.00pm Death in Paradise (S)(R)(AD)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Ffasiwn Drefn (AD) **12.30** Heno **1.00** Straeon Harri Parri (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Miwsig Fy Mywyd (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Arfordir Cymru: Sir Benfro (AD) **6.30** Lowri Morgan: Her 333 **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Sgwrs Dan y Lloer **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad (AD) **9.58** Y Tywydd **10.05** Y Deis **10.35-11.40pm** Y Fets

TV&Streaming week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall tracks a lynx cat in Norway. **7.30** The deadly capabilities of animals native to the UK.
8.00 **The Great British Sewing Bee** 5/10. The sewers tackle the wide world of sport.
9.00 **Top Gear** Jeremy, Richard and James put a trio of supercars, including McLaren's MP4-12C, through their paces in Italy.
10.00 **Silent Witness** *Nowhere Fast – Part One:* Harry and Leo investigate the death of a jockey during a race.
11.00 **Silent Witness** *Nowhere Fast – Part Two:* Nikki makes a breakthrough in the case.
12.00 M'T FILM **Red Eye** Thriller starring Rachel McAdams. A hotel manager on a flight to Miami becomes mixed up in a terrorist plot. (2005, 12, 85min) ★★★★
1.15 AM **OnlyFans: Inside the Machine** Documentary.
2.15 **My Insta Scammer Friend** Documentary.
3.00 **to 4.00** AM **Vigil**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **The Architecture the Railways Built** Tim Dunn visits London's King's Cross.
7.40 **The Flying Gardener** Chris Beardshaw heads to Norfolk.
7.55 **The Art of Spain** Northern Spain's 20th-century artists.
9.00 **Mastermind** The second heat of the 1977 series.
9.30 **Call My Bluff** With André Previn, Tina Brown, Barbara Kellerman and Tom Conti.
10.00 **Art on the BBC: Michelangelo – The Good, the Bad and the Ugly** How TV has influenced people's understanding of the Renaissance giant.
11.00 **Arena: Art & Design – The Journey** George Melly on Dadaism and surrealism – first broadcast in 1978,.
11.25 **Wainwright: The Man Who Loved the Lakes**
12.25 AM **The Flying Gardener**
12.40 **The Art of Spain**
1.40 **Arena: Art & Design – The Journey**
2.05 **to 3.05** AM **Art on the BBC: Michelangelo**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Edinburgh.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a Jaguar Mk2 that has been in its owner's family for 40 years.
6.50 **Car S.O.S** Fuzz and Tim secretly restore a 1965 Mercedes-Benz 230SL.
7.55 **Grand Designs** Stuart and Rosie from the Wirral plan to transform a small 1960s dormer-bungalow into a slick piece of 21st-century architecture.
9.00 NEW **Celebrity PopMaster TV** Carol Decker, Patsy Kensit, Kéllé Bryan, Dougie Vipond and Shaun Ryder take part in the music quiz, as a curtain-raiser to the new series, which starts tomorrow.
10.00 **24 Hours in A&E** The lives of patients facing adversity head-on, including a former cancer patient now battling an aggressive ear infection.
11.05 **24 Hours in A&E** A man is brought in after sustaining a head wound during a fall.
12.05 AM **999: On the Front Line**
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Stoke-on-Trent.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** New edition
11.00 **Below Deck: Mediterranean**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks** Dee Dee finds Abigail having a breakdown. **7.00** On the eve of Leah and Imran's wedding, the bride-to-be makes a discovery.
7.30 **The Simpsons** *Lisa on Ice:* Lisa takes up ice hockey.
8.00 **Vanderpump Rules** New edition Angelica's back at SUR with a new look.
9.00 **Below Deck Down Under** New edition Tensions run high on the *Katina*.
10.00 **Gogglebox** *Gordon Ramsay's Future Food Stars* and *Obsession* are appraised.
11.00 **First Dates**
12.05 AM **Naked Attraction**
1.10 **Below Deck Down Under**
2.10 **Vanderpump Rules**
3.00 **Ramsay's Kitchen Nightmares USA**
3.55 **The Simpsons**
4.20 **The Goldbergs**
5.10 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Monday primetime

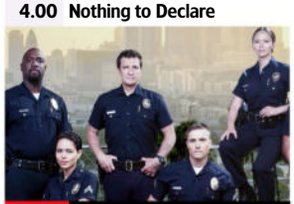
MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Send in the Dogs**
9.00 **The Force: Manchester**
10.00 **Motorway Patrol**
10.30 **Caught Red Handed**
12.00 NOON **FBI** 4&5/15. (S3)
2.00 PM **The Rookie** 14/22. John and Bailey search for a mystery gunman. (S5)
3.00 **Law & Order: Criminal Intent** 14/16. Nichols investigates the death of an old family friend. (S9)
4.00 **Nothing to Declare**



11.00 The Rookie

Sky Atlantic

108/109 108/109 111 342 357

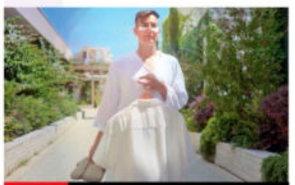
6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Billions** 11 & 12/12. (S5)
10.15 **House of the Dragon** (S2)
12.35 PM **Homicide: Life on the Street** 8&9/22. (S5)
2.30 **Billions** 11 & 12/12. (S5)
4.40 **The Last of Us** 4/7. Ellie and Dina find themselves amid a brutal battle in Seattle.
5.45 5/7. An unlikely source shares a shocking truth. (S2)
6.45 **House of the Dragon** 9/10. Alicent enlists help to track down Aegon. (S1)

9.00 Promising Young Woman

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Real Housewives of Potomac**
8.20 **Real Housewives of Beverly...**
9.15 **The Only Way Is Essex**
10.15 **Dawson's Creek** 11/13. (S1)
11.10 **Charmed** 11/22. (S1)
12.10 PM **Deal or No Deal**
1.10 **Supermarket Sweep**
2.10 **The Floor** Game show.
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Potomac**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**



9.00 The Only Way Is Essex

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot**
11.35 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *Written in Blood:* The secretary of a writers' group is battered to death on the eve of a visit by a famous novelist.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Sins of the Fathers:* A magistrate does his best to protect a young troublemaker.

10.00 Grantchester

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Robin of Sherwood**
9.10 **Boon**
10.10 **The Professionals**
11.20 **Robin of Sherwood**
12.25 PM **Magnum, PI**
2.35 **The Casebook of Sherlock Holmes** Murder mystery.
3.45 **Boon**
4.50 **The Professionals** *The Rack:* CI5 goes on trial after someone dies in custody.
5.55 **Minder** *Dream House:* Terry watches the home of a rock star while he plays Las Vegas.

9.00 Apollo 13

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.50 House of the Dragon *The Black Queen:* 10/10. While mourning a tragic loss, Rhaenyra tries to hold the realm together and Daemon prepares for war. (S1)

7.00 The Floor Rob Brydon hosts another tense round of quick-fire quiz duels with each win expanding a player's territory.

6.55 Heartbeat *Bread and Circuses:* Bellamy falls in love with the victim of a handbag snatch.

7.00 Formula E Highlights A look back at action from the final two races of the London E-Prix, held at ExCeL London Circuit.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Midsomer Murders *Let Us Prey:* As Midsomer St Claire prepares for storms and flooding, it appears a murderer is using ancient torture methods to punish modern-day 'sinners'. Guest stars Rebecca Front and Roy Hudd.

8.00 The Motorbike Show Judgement day arrives as the 1944 Triumph 3HW is put to the test.

9 PM

9.00 Law & Order: Special Victims Unit New episode *Corrosive:* 13/21. A judge survives an attack linked to an anonymous video. (S27)

9.00 FILM Promising Young Woman Crime thriller starring Carey Mulligan. A medical-school dropout traumatised by a tragic event in her past seeks vengeance against those who crossed her path. (2020, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Only Way Is Essex New edition Saff celebrates her birthday with a beach club trip, and Junaid proposes to Joe.

9.00 FILM Apollo 13 Fact-based drama telling the story of the near-disastrous Apollo 13 space mission in 1970, Stars Tom Hanks, Kevin Bacon, Bill Paxton and Gary Sinise. (1995, PG, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

10.00 Law & Order: Criminal Intent *Tuxedo Hill:* 22/22. A stockbroker finds herself framed for the murder of her lover. (S1)

10.00 Family Guy 6/20. Peter's estranged sister Karen arrives in Quahog. **10.30** 7/20. Peter falls out with Quagmire. (S14)

10.00 Grantchester 3/8. Alphy's attempts to cook a romantic dinner are interrupted when a familiar face turns up unannounced. (S10)

9.00 Apollo 13 Fact-based drama telling the story of the near-disastrous Apollo 13 space mission in 1970, Stars Tom Hanks, Kevin Bacon, Bill Paxton and Gary Sinise. (1995, PG, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Rookie** 10/22. (S5)
12.00 M'T **FBI** 17&19/19. (S2)
2.00 AM **Law & Order: Criminal Intent** 15/16. (S9)
3.00 **FBI: Most Wanted** 5/22. (S3)
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

11.00 **Possession** 3&4/5. (S1)
12.50 AM **Dune: Prophecy** 4/6. (S1)
2.00 NEW SERIES **Little Bird** 1/6. Canadian drama starring Darla Contois.
3.00 New episode 2/6. Esther finds her adoption papers. (S1)
4.00 **to 6.00** AM **Urban Secrets**

11.00 **Family Guy** 9/21. Peter takes over the running of Carter's company. (S8)
11.30 **American Dad!** (S4)
12.35 AM **Bob's Burgers** (S13)
1.30 **Plebs** 4/8. (S3)
1.55 **Deep Fake Neighbour Wars**
2.20 **to 3.00** AM **Unwind with ITV**

11.00 **Grantchester** 4/8. Alphy and Geordie investigate witchcraft at a foundling home. (S10)
11.55 **Trial & Retribution** (S11)
1.55 AM **George and Mildred**
2.20 **to 2.30** AM **Unwind with ITV**

11.50 **Star Trek: Strange New Worlds** Series finale 10/10. Captain Pike is visited by his future self. (S1)
1.00 AM **Lost** 10/24. Mr Eko confronts Charlie. (S2)
1.50 **Motorsport UK**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 207 310

+1 hour 208/209

+1 hour 218 315 29 114 254

+1 hour 219 317 116

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Paramedics on Scene**
3.00 **Sign Zone: Beechgrove Garden**
3.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Sportscene: SWPL Highlights** The opening round of fixtures.
8.00 **The Mountain**
8.30 NEW SERIES **Race Against the Tide** 1/6. Sand-sculpting contest hosted by Iain Stirling.
9.00 **Interior Design Masters with Alan Carr** 7/8. The semi-finalists transform hospitality boxes at Brighton & Hove Albion's stadium.
10.00 **River City** New episode Caitlin decides to troll Scarlett further.
10.30 **Two Doors Down** (S6)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Gary: Tank Commander**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3&4)
9.00 **Sort Of** 7&8/8. (S2)
10.00 **The Comeback** (S3)
11.20 **Will & Grace** (S8)
12.20 PM **The Rehearsal** (S1)
1.40 **The Comeback** (S3)
3.00 **Will & Grace** (S7)
4.00 **The Office Movers** (S2)
5.00 **Community** (S2)
6.00 **Will & Grace** (S8)
7.00 **The Office (US)** (S5)
8.00 **The Office Movers** (S2)
9.00 **Real Time with Bill Maher** New edition The comedian and his guests discuss the week's events.
10.10 **Warren's Vortex** New episodes 3/6. Warren and Lucy arrive in a world where all houses are empty.
10.40 4/6. Warren and Lucy return to their street to find everyone zombified by a game. (S1)
11.10 **The Rehearsal** (S1)
12.30 AM **The Office Movers**
1.40 **Community** (S2)
2.40 **The Comeback** (S3)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Musical Masterpieces**
7.00 **Battle of the Irish Dancers** Documentary.
8.00 **Artist of the Year**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Art of Film**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Eighties**
4.00 **Discovering**
5.00 **Portrait Artist 2023**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Shall We Dance?** From Maastricht.
11.00 **Academy of Ancient Music: Vivaldi's Four Seasons**
12.30 AM **Notre-Dame: The Renaissance**
2.05 **National Theatre Live: Under Milk Wood**
4.00 **My Week with Maggi Hambling**
5.00 **to 6.00** AM **The Art of...**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: America's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 6/26. (S6)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** *Unification – Part One:* 7/26. (S5)
8.00 **Police 24/7** A suspect's neighbour tips off officers.
9.00 **Evil** 2/13. (S1)
10.00 **Caught on Dashcam**
11.00 **Grimm** 6/22. (S1)
12.00 M'T **Fantasy Island** (S2)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Catchphrase** Quiz.
2.00 **Tenable** Five university friends take part.
3.00 **The Chase Celebrity Special** With Cheryl Baker, Laura Tobin, Jason Bell and Mark Steel.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Who Wants to Be a Millionaire? Celebrity Special** Stephen Fry and Jeanette Kwakye compete in the quiz.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.40 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **American Pickers**
10.00 **Find It, Fix It, Flog It**
11.00 **Saving Country Houses with Penelope Keith**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Bettany Hughes' Lost Worlds: Dawn of Civilisations** The historian uncovers the origins of civilisation itself.
8.00 **Richard E Grant's Very Modern Odyssey** Richard looks for the mythical hypnotic lotus fruit in Tunisia.
9.00 **Spy Next Door: The Anna Chapman Story**
11.05 **Gogglebox**
12.05 AM **Celebrity Gogglebox**
1.05 **Naked Attraction**
2.05 **Secret Lives of Gypsy Wives** Documentary.
3.05 **Surgery Secrets of the Super Rich**
4.05 **to 5.05** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** 12&13/20. (S4)
4.00 **Stargate SG-1** 9/20. (S8)
5.00 **Star Trek: Voyager** 25/26. Neelix tells the Borg children a ghost story. (S6)
6.00 **Star Trek: Enterprise** 22/24. Archer and Hoshi try to make peace with the Xindi Council, while T'Pol leads a mission into one of the Spheres. (S3)

9.00 Resident Alien

7.00 **Stargate Atlantis** *Harmony:* 14/20. McKay and Sheppard come to the aid of a child princess. With Jodelle Ferland. (S4)

8.00 **Stargate SG-1** *Sacrifices:* 9/20. Warrior leader Ishta is captured at a Haktyl meeting to plan the fall of the Goa'uld Moloc. (S8)

9.00 **Resident Alien** *The Ghost of Bobby Smallwood:* 10/16. Asta helps Harry to deal with his newfound fear of death. (S2)

10.00 **Grimm** *Blind Love:* 7/13. Monroe's birthday getaway is ruined by a hotel employee with a deadly vendetta. (S6)
11.00 **The Walking Dead** 3/16. Questions of morality muddy the waters in the coalition's battle against the Saviours. (S8)
12.00 M'T **Resident Alien** 9/16. Asta, Harry and D'Arcy have to dispose of the dead body. (S2)
1.00 AM **Warehouse 13** (S4)
3.00 **The Walking Dead** (S8)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S8)
9.00 **Shakespeare & Hathaway: Private Investigators** (S3)
10.00 **The Mentalist** 22/22. (S5)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S13)
2.00 **Murdoch Mysteries** (S8)
4.00 **The Mentalist** 22/22. (S5)
5.00 **Hudson & Rex** 3/8. A best man is found at the bottom of the Atlantic Ocean. (S7)
6.00 **Body of Proof** 4/20. A dead man walks out of Ethan's examination room. (S2)

8.00 My Life Is Murder

7.00 **Private Eyes** *Look Who's Stalking:* 16/18. Becca is back and worried that a relentless stalker from her past has returned. (S2)

8.00 **My Life Is Murder** New episode *Catfish:* 2/8. An aquarium manager dies from rare jellyfish stings. (S5)

9.00 **Father Brown** *The Sisters of Aeschylus:* Murder ensues when a prestigious group of writers are invited to Montague.

10.00 **Death in Paradise** *Serving Up Murder:* 3/8. A famous chef is poisoned at the grand opening of his latest hotel. (S13)
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** 6/10. The duo investigate a fire at a salon. With Sally Lindsay. (S3)
1.00 AM **Father Brown**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.10 **The Green Green Grass**
9.50 **Are You Being Served?**
10.30 **Last of the Summer Wine**
11.50 **Dad** Sitcom.
12.25 PM **Only Fools and Horses**
1.10 **Keeping Up Appearances**
1.50 **Dad's Army**
2.30 **The Green Green Grass**
3.10 **Are You Being Served?**
3.50 **Dad** Sitcom.
4.25 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

8.20 Are You Being Served?

7.00 **Only Fools and Horses** Del Boy encounters an old flame from almost 20 years previously.
7.40 **Dad's Army** Mainwaring's platoon take charge of a large naval gun.
8.20 **Are You Being Served?** The Grace Brothers staff undergo medicals.

9.00 **Porridge** Godber gets into a fight a week before his parole board hearing.
9.40 **The Office** David shares the secrets of his unique management philosophy with a trade magazine.
10.20 **Not Going Out** Lee gets jealous when Lucy talks about her first love.

11.00 **Mrs Brown's Boys** Double bill of the comedy series.
12.20 AM **Porridge** As 9.00pm.
1.00 **The Office** As 9.40pm.
1.35 **Not Going Out** As 10.20pm.
2.25 **Mrs Brown's Boys**
3.30 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.15 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Cornwall**
11.20 **Yukon Gold** Documentary.
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Guy Martin: Proper Jobs**
4.00 **Hairy Bikers' Best of British**
5.00 **Rick Stein's Cornwall** Four editions, including at: **6.30** Rick joins a team diving for razor clams and makes grilled shangurro clams.

11.00 Taskmaster

7.00 **Mortimer & Whitehouse: Gone Fishing** Fishing for crucian carp in Wiltshire.
7.40 **Would I Lie to You?** With guests Aisling Bea, June Brown, Adrian Chiles and Seann Walsh.
8.20 **Would I Lie to You? The Unseen Bits** Extra material from the show.

9.00 **Have I Got a Bit More News for You** Sue Perkins hosts the satirical quiz, with guests Michelle Wolf and Tom Peck.

10.00 **QI XL** With guests Tom Allen, Melanie Bracewell and Desiree Burch.
11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? The Unseen Bits** As 8.20pm.
2.00 **QI XL** With Maisie Adam.
3.00 **Richard Osman's House of Games** With Des Clarke.
3.30 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.05 **Doctors**
9.20 **Classic Holby City**
10.40 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Classic Neighbours**
3.00 **Whitstable Pearl**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** Foggy criticises local folklore. **6.40** Part one of two. Compo contemplates hang-gliding in a bid to impress Nora Batty.

8.00 The Brokenwood Mysteries

7.20 **Last of the Summer Wine** Part two of two. Wally finishes the hang-glider and declares that it is ready to be tested.

8.00 **The Brokenwood Mysteries** *The Scarecrow:* 3/4. A man is found dead in his field following an altercation the previous day with his neighbour about his failed crop. (S4)

10.00 **New Tricks** *Fashion Victim:* The murder of a fashion designer is reinvestigated. Guest stars Rupert Graves.
11.20 **Luther** 1/4. The maverick cop searches for a copycat killer murdering women in a horrific echo of an unsolved case from the 1980s. (S3)
12.40 AM **Lovejoy**
1.50 **Sister Boniface Mysteries**
2.50 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 16-28/23. (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Heart Break:* 8/23. The team arrest an ensign in connection with the death of a US Navy commander. **7.00** *Forced Entry:* 9/23. A Marine's wife kills an intruder, claiming he tried to rape her. **8.00** *Chained:* 10/23. Tony disappears during an undercover operation. (S2)
9.00 NEW SERIES **Wild Cards** *Con in 60 Seconds:* 1/13. Ellis comes to terms with Max's betrayal after she risked all to share information about his brother's killer. (S2)
10.00 **Law & Order: Special Victims Unit** (S19)
1.55 AM **Blue Bloods** (S11)
2.55 **to 3.50** AM **Murder, She Wrote**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** Two air ambulances are called to a road accident on a dual carriageway.
10.00 **A&E After Dark** A 66-year-old patient suffering with a collapsed lung is rushed to hospital.
11.00 **Skin A&E**
12.00 M'T **999: Killer on the Line** Darren Byrne.
1.00 AM **Cold Case Killers**
1.55 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.30 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.20 **Police Interceptors**
11.20 **Gunsmoke** (S13)
12.25 PM FILM **The Big Gundown** Western. (1966, 15, 84min) ★★
2.10 FILM **Lust for Gold** Western with Glenn Ford and Ida Lupino. (1949, b/w, PG, 90min) ★★
4.00 **Highway Thru Hell**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** An inspector attends the scene of a three-vehicle crash.
9.00 **Police Interceptors**
10.00 **Highway Thru Hell**
11.00 **The X-Files** 20/20. (S5)
12.00 M'T **World's Deadliest Weather: Caught on Camera** The LA fires.
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **Property Brothers: Forever Homes**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
5.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The contestants create a dish that best represents their family food traditions.
8.00 **Special Ops: Crime Squad UK** Documentary.
9.00 NEW SERIES **The Killing of James Bulger** 1/3. The abduction and murder of James Bulger. **10.00** New edition 2/3. Two boys become the main suspects.
11.00 **First Responders**
12.00 M'T **One Born Every Minute** Documentary.
1.00 **to 3.00** AM **Don't Hate Your House with the Property Brothers**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Secret Nazi Bases**
11.00 **The World at War**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **The World at War**
6.00 **Antiques Roadshow** Fiona Bruce and the experts pay a second visit to Exeter Cathedral.
7.00 **The Blue Planet** David Attenborough presents an exploration of Earth's vast oceans, revealing the secret lives of squid, dolphins and turtles.
8.00 **Canal Boat Diaries**
10.00 **Bangers & Cash**
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** In Northumbria.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters: The Restorers** Triple bill.
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Who Do You Think You Are?** With Sue Perkins.
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House** A man asks Angus Ashworth to clear his late father's home.
8.00 **Antiques Road Trip**
9.00 **The Repair Shop**
10.00 **The Yorkshire Auction House** Ancient Greek and Roman artefacts are unearthed in Derbyshire.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

MONDAY Entertainment

Monday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S6)
9.00 **Bramwell** 6/7. (S1)
10.00 **The Irish RM** 6/6. (S1)
11.00 **Little House on the Prairie** 5&8/23. (S3)
1.00 PM **The Waltons** (S7)
4.00 **Little House on the Prairie** 5&8/23. (S3)
6.00 **The Irish RM** 6/6. (S1)
7.00 **M*A*S*H** 13/24. A nurse makes a confession. **7.30** 14/24. Trapper and Hawkeye try to fix Radar up with a nurse. **8.00** 15/24. Hawkeye invents a colleague. **8.30** 16/24. The medics try to get a gung-ho colonel sent home. **9.00** 17/24. Hawkeye sends an underage soldier home. (S1)
9.35 **M*A*S*H** (S1)
1.25 **Rising Damp** 7/7. (S1)
1.55 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **Wanted: Dead or Alive** 7/32. (S2)
9.50 **Murder by the Sea**
10.50 FILM **Hell in Normandy** World War Two drama starring Guy Madison. (1968, PG, 89min) ★★
1.00 PM **The Unit** 8/23. (S2)
2.00 **Burn Notice** (S3)
4.00 FILM **Stonados** Disaster movie starring Paul Johansson and Thea Gill. (2013, PG, 90min) ★
6.00 **The Unit** 8/23. (S2)
7.00 **Burn Notice** (S3)
9.00 FILM **Parker** Thriller starring Jason Statham and Jennifer Lopez. (2013, 15, 114min) ★★★
11.30 **The Avengers** (S5)
12.30 AM **The New Avengers**
1.30 **The Persuaders!** (S1)
2.30 FILM **NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★
4.05 **Coast Guard Alaska**
4.50 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Aurora Teagarden Mysteries: Haunted By Murder** Thriller. (2022, U) ★★
10.10 FILM **Morning Show Mysteries: Murder Ever After** (2021, PG) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S5)
2.00 **Castle** 2/24. (S5)
3.00 **Diagnosis Murder** (S6)
5.00 **Murder, She Wrote**
7.00 **Castle** 3/24/ (S5)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** 2/8. (S5)
10.00 FILM **Morning Show Mystery: Mortal Mishaps** Drama. (2018, PG) ★★
11.55 FILM **Picture Perfect Mysteries: Newlywed and Dead** Thriller. (2019, PG, 90min) ★★
1.50 AM FILM **Wish You Were Dead** (2017, PG) ★★
3.20 **to 5.00** AM FILM **The Bad Twin** Thriller. (2016, PG, 90min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.15 AM FILM **Love, Game, Match** Romantic comedy. (2022, U, 91min) ★★
10.15 FILM **Valentine's Again** Fantasy. (2017, PG) ★★
12.05 PM FILM **A Winter Getaway** Comedy. (2021, PG, 84min) ★★
2.00 FILM **A Winter Princess** Romantic drama. (2019, PG, 82min) ★★
3.50 FILM **Just One Kiss** Romantic comedy. (2022, PG, 85min) ★★
5.40 FILM **The Baker's Son** Romantic fantasy. (2021, PG, 84min) ★★
7.35 FILM **A Wedding for Belle** Romance. (2025, PG, 90min) ★★
9.35 FILM **Fashionably Yours** Romantic comedy. (2020, PG, 84min) ★★
11.40 FILM **Love, Fall & Order** Drama. (2019, U) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **A Winter Princess**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** In Southampton.
1.00 PM **Country House Auction** An amulet.
2.00 **Richard Wilson's Highland Fling**
3.00 **Garden Rescue**
4.00 **Stuart Farm: Green Valley Tales**
4.45 **Becoming Jazzy Whipps**
5.00 **Country House Auction**
6.00 **Love Your Garden**
7.00 **BSL Zone: Small World**
7.30 **Queer Lives Today**
8.00 **Garden Rescue**
9.00 FILM **Futtock's End** Comedy. (1970, 12) ★★★
10.00 **BSL Zone: Small World**
10.30 FILM **Strip Poker** Thriller. (1968, 18) ★★
12.00 M'T FILM **Got It Made** Drama. (1974, 18) ★★
1.45 AM **Real Thick Glasses**
2.00 FILM **Futtock's End** Comedy. (1970, 12) ★★★
3.00 **Love Your Garden**
4.00 **to 5.00** AM **Country House Auction**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge** (S1)
10.30 **The Upper Hand** (S1)
11.00 **The Gaffer** 3/6. (S1)
11.30 **Only When I Laugh** (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company** (S2)
1.30 **Agony** 6/6. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Gaffer** 3/6. (S1)
3.00 **Only When I Laugh** (S1)
3.30 **Randall and Hopkirk...**
4.30 **Old Country** (S2)
5.00 **Stereo Underground**
6.00 **Danger Man** 22/39. (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase** (S1)
8.30 **Randall and Hopkirk (Deceased)** 12/26. (S1)
9.30 **The New Statesman**
10.45 FILM **Emmanuelle in Soho** (1981, 18) ★★
12.05 AM FILM **Massage Parlour Hookers** Thriller. (1973, 18, 80min) ★★★
1.45 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Unexplained and Unexplored**
1.00 PM **Expedition Unknown**
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Dust Devils have to shut down operations. **8.00** The Gold Gypsies team make a discovery that could finally catapult their season.
9.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats a stray dog that has a broken leg.
10.00 **Life at Vet University**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Marcus in the Med: Mallorca** Double bill.
7.00 **Hairy Bikers Go Local**
8.00 **Delicious Miss Brown**
9.00 **Jamie's One-Pan Wonders** Double bill.
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go Local**
4.00 **Jamie's One-Pan Wonders** Double bill.
5.00 **The Pioneer Woman**
6.00 **James Martin's Islands to Highlands**
7.00 **Great British Bake Off**
9.00 **James Martin's French Adventure** A visit to the Languedoc region. **10.00** Charente in south-west France.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 11/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 5/22. (S3)
11.00 FILM **Sherlock Holmes** Period mystery drama. (2010, 12, 89min) ★★
12.50 PM FILM **The War of the Worlds** Sci-fi. (1953, PG, 85min) ★★★★
2.35 FILM **Earthquake** Disaster movie. (1974, PG, 129min) ★★★
5.00 **Star Trek** 18/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 6/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Heist** Thriller with Gene Hackman. (2001, 15, 107min) ★★★★
11.15 FILM **Three Days of the Condor** Thriller. (1975, 15, 118min) ★★★★
1.35 AM FILM **Hannie Caulder** Western. (1971, 15, 85min) ★
3.15 **to 4.55** AM FILM **The Sorcerers** Chiller. (1967, 15, 85min) ★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Operation Dunkirk** War adventure. (2017, 15, 96min) ★★
11.00 **Andromeda** 20/22. (S4)
12.00 NOON FILM **Shark Season** Monster thriller. (2020, PG, 87min) ★★
2.00 PM FILM **Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **The People That Time Forgot** Fantasy. (1977, U, 96min) ★★
7.00 **Andromeda** 21/22. (S4)
8.00 **The A-Team** 15/25. (S3)
9.00 FILM **Gods of Egypt** Fantasy starring Nikolaj Coster-Waldau. (2016, 12, 127min) ★★★
11.35 FILM **Anti-Life** Sci-fi. (2020, 15, 93min) ★★
1.30 AM FILM **Witchfinder General** Horror (1967, 15, 98min) ★★★★
3.15 FILM **The People That Time Forgot** (1977)
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** The team visit Melton Mowbray.
6.45 **Pawn Stars Do America**
7.30 **Money for Nothing**
8.25 **Storage Hunters**
9.20 **Junk & Disorderly**
1.05 PM **Pawn Stars Do America** From Denver.
2.05 **Money for Nothing**
3.05 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Junk & Disorderly**
7.00 **Dickinson's Real Deal**
9.00 **Secrets in the Sand** A Mongolian mass grave.
10.00 **Secrets in the Dark**
11.00 **Mysteries Unearthed with Danny Trejo**
12.00 M'T **The Curse of Civil War Gold**
1.00 AM **Evidence of the Unexplained**
2.00 **Court Cam**
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
11.00 **All Creatures Great and Small** (S6)
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Somerset: Wonder of the West Country**
6.00 **Abandoned Engineering**
7.00 **Ben Fogle: New Lives in the Wild** A man who is living a nomadic life in French Polynesia. **8.00** A family who moved to Rum in the Inner Hebrides.
9.00 **China with Ben Fogle** Ben explores the country, beginning at the Great Wall.
10.30 **Amazing Railway Journeys with Nick Knowles** The presenter visits Bran Castle.
11.20 **Prisoner: Cell Block H**
1.20 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Abandoned Engineering**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Celebrity Chase**
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Richard Wilson.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** With Fiona Phillips and Richard Madeley.
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** With Jeff Banks, Michelle Ackerley, Andy Crane and Brian Conley.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With Jon Snow, Adrian Chiles, Gemma Merna and Rosie Marcel.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 17/24. Amy tries to find Raj a date. (S7)
9.00 **Mock the Week: Summer Specials** Unseen material, out-takes and highlights.
10.00 FILM **Transformers: Revenge of the Fallen** Sci-fi action adventure sequel inspired by the shape-changing toys, starring Shia LaBeouf, Megan Fox and Josh Duhamel. (2009, 12, 149min) ★★★
1.00 AM **The Middle** (S2)
2.30 **Dr Pimple Popper**
3.30 **My 600lb Life**
5.30 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **The Upper Hand**
9.00 **Everybody Loves Raymond** 4-7/23. (S8)
11.00 **Sabrina the Teenage Witch** 1-4/24. (S1)
1.00 PM **Friends** (S2&3)
8.00 **Friends** 7/25. Monica buys a bed from Janice's husband. **8.30** 8/25. Phoebe thinks she is a jinx. (S3)
9.00 **Stupid Central** New editions. Robots having meltdowns. **9.30** A countdown of embarrassing dads.
10.00 **The Best of Mr Bean**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **Most Ridiculous**
1.00 AM **South Park**
2.30 **Dragony Aunts**
2.40 **Russell Howard: Wonderbox** Stand-up.
3.30 **Michael McIntyre: Hello Wembley!**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7&8)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Spin City** (S1&6)
11.00 **Friends** (S5)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Everybody Loves Raymond** (S8)
6.00 **The Upper Hand** (S2)
7.00 **Sabrina the Teenage Witch** 1-4/24. (S1)
9.00 **Rhod Gilbert's Growing Pains** With Jessica Knappett, Katherine Ryan and Gok Wan.
10.00 **Friends** 17/24. Rachel feels smothered by Ross. **10.30** 18/24. Eddie becomes annoying. (S2)
11.00 **Friends** 19-22/24. (S2)
1.00 **8 Out of 10 Cats Uncut**
1.55 **Most Ridiculous**
2.55 **Spin City** (S1&6)
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

56 42

8.00 AM **Highlights**
10.10 **Bread** 2/10. (S8)
10.50 **Steptoe and Son** (S3)
11.20 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 2/7. (S3)
12.25 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 6/13. Drama. (S1)
2.40 **Minder** 2/10. (S5)
3.45 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Bread** 2/10. (S8)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 1/7. (S3)
6.50 **Steptoe and Son** (S3)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 10/13. (S2)
9.00 **Benidorm** 1/9. (S10)
10.00 **Shameless** 15/16. (S6)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.05 AM **Benidorm** 1/9. (S10)
1.05 **Minder** 1/6. (S7)
2.05 **Duty Free** 4/7. (S3)
2.30 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 6/13. (S2)
6.20 **Teen Mom 2: From The Beginning**
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Catfish: The TV Show**
10.00 **Judge Judy**
12.00 NOON **Charmed** (S1)
2.00 PM **Catfish: The TV Show**
3.00 **Judge Judy**
5.00 **Charmed** (S1)
7.00 **Teen Mom: The Next Chapter** The mums sit down with Dr Drew and Nessa to look back at their most transformative season to date.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Just Tattoo of Us** Aaron Chalmers co-hosts.
10.00 **Ink Master**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master**
3.00 **Ex on the Beach**
3.50 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Aquarium**
9.00 **Gold Rush**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Including steel wool, slot machines and carved candles. **4.30** The making of trumpets.
5.00 **Alaska: Homestead Rescue** Oregon homesteaders find their dream in jeopardy following an accident.

10.00 Building Off the Grid

7.00 **Wheeler Dealers** Mike sets to work on a Volvo PV544, a classic endurance sports car.

8.00 **Ant Anstead Master Mechanic** The mechanic visits an Alfa specialist. **8.30** Ant feels the pressure of his build.

9.00 **Maine Cabin Masters** Chase Morrill and his crew set out to renovate a family's cabin near the Appalachian Trail.

10.00 **Building Off the Grid** A college student wants an off-the-grid treehouse compound in the Arkansas woods.

11.00 **Expedition X** Phil and Heather investigate claims that a dark force has spread.
12.00 M'T **Deadliest Catch**
1.00 AM **Maine Cabin Masters**
2.00 **Building Off the Grid**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Preposterous Pets**
10.00 **Tanked**
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** The staff head to Manhattan to rescue a wallaby. **4.00** The staff take over 100 snakes from a private home.
5.00 **Lone Star Law** A boat search uncovers some illegal fish.
6.00 **Dr Jeff: Rocky Mountain Vet** A homeless man's five-month-old puppy breaks its paw.

11.00 Mountain Monsters

7.00 **Treehouse Masters: Out on a Limb** Pete Nelson is tasked with designing a recording studio up in the trees.

8.00 **Air Jaws: Back from the Dead** Photographer Chris Fallows and filmmaker Jeff Kurr seek great white sharks in New Zealand.

9.00 **Alaska: The Last Frontier** Eivin tries to haul a pole barn to his homestead, while August builds an outhouse.

10.00 **Alaskan Bush People** The Browns head into unfamiliar terrain to find land, as they pledge to rebuild their homestead.

11.00 **Mountain Monsters** Reports of a grassman seen in the woods of Perry County.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **100 Days Wild**
2.00 **Treehouse Masters: Out on a Limb** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **World's Greatest Train Journeys from Above**
11.00 **Car S.O.S** An Opel Manta GTE.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Nazi Megastructures**
4.00 **Mysteries of Ancient Medicine** How ancient cultures sought cures in surprising places.
5.00 **Drain the Oceans** Surprising truths about the Wild West.
6.00 **Planes that Changed History** A look at how Concorde left its indelible mark on history.

10.00 Mysterious Islands

7.00 **Air Crash Investigation** The investigation into a plane that crashed into a mountain with a Brazilian football team on board.

8.00 **Disaster Autopsy** New edition Recreations of real-life disasters, uncovering the factors behind the tragedies.

9.00 **Air Crash Investigation** Experts theorise different explanations for the disappearance of EgyptAir Flight 804.

10.00 **NEW SERIES Mysterious Islands** The history behind isolated islands. On a Polish island, a wood-carved face may have spiritual significance.

11.00 **Air Crash Investigation** A plane that plunged six miles toward the Pacific Ocean.
12.00 M'T **Amsterdam Central 24/7**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Abandoned**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

Sky History

123/124 115/116 131 353 368

6.00 AM **Close Encounters**
6.30 **Hardcore Pawn**
9.15 **Pawn Stars**
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Secrets Declassified with David Duchovny**
2.00 **Digging for Britain** Four editions, including at: **5.00** The south of England.
6.00 **American Pickers** Mike goes on a tour of Detroit's abandoned Packard plant.

9.00 Secrets Declassified

7.00 **Forged in Fire** Previous champions return to face-off in a brutal five-hour challenge.

8.00 **Swamp Mysteries with Troy Landry** Troy bids to reach a legendary treasure that is hidden deep within the bayou.

9.00 **Secrets Declassified with David Duchovny** New edition Investigating evidence from recently declassified files.

10.00 **UFO POV** Eye-witness accounts and expert analysis show what UFOs might see from their own perspective.

11.00 **UFO POV**
12.00 M'T **Digging for Britain** Alice Roberts joins archaeologists to explore Central England's past.
1.50 AM **Swamp Mysteries with Troy Landry** As 8.00pm.
2.50 **Secrets Declassified with David Duchovny** As 9.00pm.
3.40 **Pawn Stars**
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Tim Robbins**
8.00 **The Directors**
9.00 **Stax: Soulsville USA**
10.05 **The Story of Late Night**
10.55 **Celtics City**
12.00 NOON **Bardot**
2.00 PM **Terry Venables: A Man Can Dream** The life of the former England manager.
4.00 **The Directors**
5.00 **Discovering: Tim Robbins**
6.00 **I Am Heath Ledger** Celebrating the life and work of the Australian actor.

11.00 More Than a Manager

7.50 **My Icon: Leon Pryce** The former Bradford Bulls rugby league star discusses the individuals that have inspired him.

8.00 **Mind Over Murder** 1/6. The story of six individuals who were convicted for the 1985 murder of a 68-year-old woman.

9.00 **Mind Over Murder** 2/6. Four years after Helen Wilson's murder, investigator Burt Searcey makes a breakthrough.

10.05 **Mind Over Murder** 3/6. Decades after the trial, Joseph White's fight for DNA testing brings new details to light.

11.00 **Bobby Robson: More Than a Manager** Exploring the career of the much-loved former England manager.
1.00 AM **The Essex Murders: Who Killed Goldfinger?** 1-3/3. Investigating the unsolved 2015 murder of John Palmer.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Tim Robbins**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Drive It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Shed and Buried: Classic Cars**
9.00 **Ant Anstead: Born Mechanic** New edition Ant visits Scotland for a 1964 Mark 1 Cortina.
10.00 **The Repair Shop**
11.00 **British Superbikes**
12.00 M'T **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Faking It: Tears of a Crime**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** Fraudsters targeting the elderly.
8.00 **Murder on CCTV**
10.00 **Faking It: Tears of a Crime** A look at the crimes of Paralympian athlete Oscar Pistorius.
11.00 **Deadliest Mums & Dads**
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** The murder of Sarah Thomas, which stunned the villagers of Nutfield in Surrey.
8.00 **UK Crime Files: The Silent Assassin** The murder of a waiter in Kirkwall in 1994.
9.00 **UK Crime Files: Facebook Killer**
10.00 **Donal MacIntyre's Killer Evidence**
11.00 **Secrets of a Murder Detective** Documentary.
12.00 M'T **UK Crime Files: The Silent Assassin**
1.00 AM **UK Crime Files: Facebook Killer**
2.00 **Donal MacIntyre's Killer Evidence**
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Confession of Murder**
9.55 **UK Crime Files: The Road Rage Killer**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Murderous Bigamist**
3.00 **UK Crime Files: Dating App Murder**
4.00 **Killers: Caught on Camera** Documentary.
5.00 **Medical Detectives** Four editions, including at: **6.00** The investigation into sexual assaults on four Indiana women in the summer of 1996. **6.30** A couple who were murdered during a suspected drug deal.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Law & Disorder** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **The Force: Manchester**
11.00 **Caught on Dashcam**
12.00 NOON **The Murder of Lee Irving: Disability Mate Crime**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Britain's Most Evil Killers**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **Catching the Killer**
11.00 **How I Caught the Killer**
12.00 M'T **Killer in My Village**
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Stop, Search, Seize**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Digging Up Britain's...**
9.35 **The Stuarts**
10.40 **Franco: Last Inquisitor**
11.55 **The Truth About Franco: Spain's Forgotten Dictatorship**
1.00 PM **Weathered: After the LA Firestorm**
2.15 **Digging Up Britain's...**
3.10 **The Stuarts**
4.15 **Franco: Last Inquisitor**
5.25 **The Truth About Franco: Spain's Forgotten Dictatorship**
6.35 **Digging Up Britain's Past** The remains of a World War One stable.
7.35 **The Stuarts**
8.35 **Franco: Last Inquisitor**
9.50 **The Truth About Franco: Spain's Forgotten Dictatorship**
10.55 **The Stuarts**.
12.00 M'T **Franco: Last Inquisitor** Documentary.
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

MONDAY

Monday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Great Parks of Africa**
7.00 **Monkey Life** Double bill.
8.00 **Tales from Zambia**
9.00 **Uptown Otters**
10.00 **Gangs of Baboon Falls**
11.00 **Nomads of the Serengeti**
12.00 NOON **Secrets of the Enchanted Forests**
1.00 PM **Monkey Life**
2.00 **Tales from Zambia**
3.00 **Uptown Otters**
4.00 **Gangs of Baboon Falls**
5.00 **Nomads of the Serengeti**
6.00 **Secrets of the Enchanted Forests** Diverse woodlands.
7.00 **Monkey Life** Double bill.
8.00 **Valley of Flood and Fire**
9.00 **Attenborough and the Giant Elephant** Documentary.
10.10 **Secrets of the Enchanted Forests** Diverse woodlands.
11.05 **Nomads of the Serengeti**
12.00 M'T **Rooted** Iconic trees.
1.00 AM **Great Parks of Africa**
2.00 **Valley of Flood and Fire**
3.00 **Attenborough and the Giant...**
4.00 **Tales from Zambia**
5.00 **to 6.00** AM **Uptown Otters**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Nostradamus Effect**
9.00 **History of Weapons**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens** Double bill.
1.00 PM **The Great British Dig: History in Your Back Garden**
6.00 **Mystery Places**
7.00 **Alien Files: Unsealed** Reported accounts of alien encounters.
8.00 **History of Weapons** The development of devices and the aftermath of their usage.
9.00 **The Proof Is Out There: Alien Edition** Tony Harris explores unexplained phenomena.
10.00 **Royal Murder Mysteries** The enduring mystery of whether Princess Anastasia of Russia escaped the Bolsheviks.
11.00 **Ancient Aliens** A report of an alien in 19th-century Texas.
12.00 M'T A Hindi scripture describes an alien encounter.
1.00 AM **Alien Files: Unsealed**
2.00 **The Great British Dig: History in Your Back Garden**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Extreme Engineering**
1.00 PM **Codes and Conspiracies**
2.00 **Blowing Up History**
3.00 **Truth Behind the Moon Landing** Triple bill of editions.
6.00 **How It's Made: Dream Cars** How the Ferrari FF is made.
6.30 The crew explore the inner workings of an Audi R8.
7.00 A Rolls-Royce Phantom.
7.30 A Maserati Quattroporte.
8.00 A look into how the Weismann MF5 is made.
8.30 Manufacturing processes of the Lamborghini Aventador.
9.00 **How the Universe Works** The search for alien life on other planets in the galaxy.
10.00 The discovery of thousands of exoplanets beyond our solar system.
11.00 **Through the Wormhole with Morgan Freeman** Double bill.
1.00 AM **Truth Behind the Moon Landing** Triple bill of editions.
4.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Cops Gone Bad with Will Mellor** Triple bill of editions.
2.00 PM **Green Eyed Killers**
3.00 **Sunshine Slayings**
6.00 **Homicide Hunter** The murders of two elderly shop owners.
7.00 **The First 48** A dangerous decision sees a high-school student shot to the ground.
8.00 **Green Eyed Killers**
9.00 **Last Seen on Holiday** New edition Desiree Gibbon.
10.00 **Check-In to Murder** New edition An engineer is brutally attacked in a hotel.
11.00 **Sunshine Slayings**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Atlanta** Documentary.
2.00 **On the Case with Paula Zahn**
3.00 **Sunshine Slayings**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Wild Hunters**
11.00 **Alaska Animal Rescue: Family Values** Documentary.
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Heartland Docs**
3.00 **Panda School**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet** Double bill.
7.00 NEW **Surfing Hippos: Gabon's Beach Jungle** Documentary exploring where the Congo rainforest meets the Atlantic.
8.00 **Death at the River**
9.00 **Great White Vs Tiger Shark** Experts study the largest sharks ever caught on film.
10.00 **When Sharks Attack** An unprecedented surge of six shark attacks in three weeks.
11.00 **Inside Airport Lost & Found**
12.00 M'T **Africa's Deadliest**
1.00 AM **Alaska Fish Wars**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet** Documentary.
4.00 **to 5.00** AM **Alaska Animal Rescue: Family Values**

Discovery History

161/172 147 181

7.00 AM **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Expedition Unknown** Explorer Josh Gates presents from the chambers of an excavation site.
9.00 **Paranormal Declassified** Paul Beban treks deep into the woods of the Midwest in search of Bigfoot.
10.00 **How Do They Do It?** The maintenance of the Mississippi River's famous paddleboats.
10.30 The construction of a traditionally tailored tuxedo suit.
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Train Truckers**
3.00 PM **Train Truckers** A fully restored Class 47 diesel engine is transported to the Ecclesbourne Valley Railway.
4.00 A CBD80 battery-powered loco needs to be hauled 20 miles to the heritage Chasewater Railway.
5.00 **Whatever Happened to the Likely Lads?** Triple bill.
7.00 **Whatever Happened to the Likely Lads?** Bob sets off on a boys-only fishing trip with Terry.
7.35 Thelma goes back to live with her mother, leaving Bob to bemoan his fate.
8.15 Bob and Terry show their competitive spirit.
8.55 Terry carries out home improvements for Bob and Thelma while they're on holiday.
9.35 Bob visits the hospital after injuring his foot.
10.15 **Whatever Happened to the Likely Lads?** Sitcom.
5.25 **to 6.00** AM **Fred Dibnah's Age of Steam**

+1hour 266 376

ID

154 140 166

8.00 AM **Extreme Measures**
12.00 NOON **Deadly Secrets**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **The Perfect Murder**
7.00 **Faking It: Tears of a Crime** Exploring the cases of Shafilea Ahmed and Gordon Wardell.
8.00 The murder of author Helen Bailey by her partner Ian Stewart, who had earlier helped volunteers in her search.
9.00 **True Conviction** The disappearance of 37-year-old Cari Farver, who went missing from Iowa in November 2012.
10.00 **On the Case with Paula Zahn** A young mother is brutally murdered in her own home.
11.00 **American Detective with Lt Joe Kenda** Texas investigators follow a trail of clues originating from a victim's lost dog.
12.00 M'T **Murder Under the Friday Night Lights** Double bill.
2.00 AM **The Perfect Murder**
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers** Double bill.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **G.A.S. Extreme Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Locals in Ohio compete.
9.00 **Mike Brewer: Born Dealer** Mike takes the family on a trip down memory lane.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Workshop** Richard's team work overtime on a 1950s Alvis.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

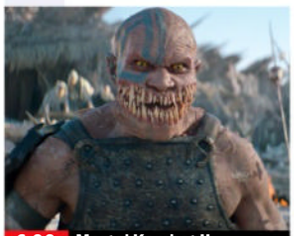
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **Eleanor the Great** (2025)
8.45 **Hamnet** As 8.00pm.
11.00 **Tom and Jerry: Forbidden Compass** Animated family adventure. (2025, PG, 104min)
12.45 PM **Mortal Kombat II** (2024)
2.45 **Signal One** As 10.15pm.
4.25 **Normal** Action comedy. (2026, 15, 91min) ★★★★
6.00 **Mortal Kombat II** Fantasy adventure sequel starring Karl Urban and Adeline Rudolph. (2024, 15, 116min) ★★★



6.00 Mortal Kombat II

8.00 Hamnet Period drama starring Paul Mescal and Jessie Buckley. After losing their son to plague, Agnes and William Shakespeare grapple with grief. With Emily Watson, Joe Alwyn, Jacobi Jupe and Noah Jupe. (2025, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Signal One Sci-fi thriller starring Isabelle Fuhrman. A tech billionaire recruits a computer scientist to work on a project that could change humanity. (2026, 15, 87min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Primate** Horror thriller. (2025, 18, 92min) ★★★
1.35 AM **Love Me** Sci-fi drama. (2025, 15, 91min) ★★★
3.15 **Eleanor the Great** Drama. (2025, 12, 98min) ★★★★
5.05 **to 6.45** AM **Looney Tunes: The Day the Earth Blew Up** Animated family adventure. (2024, PG, 91min)

Sky Cinema Box Set

303 303 403 503 517

6.05 AM **Anaconda** (1997, 15) ★★★
7.45 **Anacondas: The Hunt for the Blood Orchid** (2004, 12) ★
9.25 **Anaconda** (2025, 12) ★★★
11.05 **Pitch Perfect** (2012) ★★★★
1.00 PM **Pitch Perfect 2** Comedy sequel. (2015, 12, 112min) ★★★
2.55 **Pitch Perfect 3** Comedy sequel. (2017, 12, 93min) ★★★
4.40 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
6.10 **Zombieland: Double Tap** Comedy. (2019, 15) ★★★

8.00 Anchorman

8.00 Anchorman: The Legend of Ron Burgundy Comedy starring Will Ferrell and Christina Applegate. A sexist news presenter is threatened when an ambitious female rival joins his team. (2004, 12, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Anchorman 2: The Legend Continues Comedy sequel starring Will Ferrell. Ron Burgundy becomes the star of a 24-hour news channel. (2013, 15, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Look Who's Talking** Comedy starring John Travolta. (1989, 12, 96min) ★★★
1.40 AM **Look Who's Talking Too** Comedy sequel starring Kirstie Alley. (1990, 12, 77min) ★
3.20 **Look Who's Talking Now** Comedy sequel starring Kirstie Alley. (1993, 12, 95min) ★
5.05 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.00 AM **The Hanging Sun** Mystery drama. (2022, 15, 93min) ★★
7.35 **Anemone** Psychological drama. (2025, 15, 125min) ★★★
9.50 **Quartet** As shown at 3.45am.
11.35 **Flashdance** Dance drama. (1983, 15, 96min) ★★★
1.20 PM **Hamnet** As 10.15pm.
3.30 **Chicago** Oscar-winning musical starring Renée Zellweger. (2002, 12, 112min) ★★★★
5.35 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix, Lady Gaga and Brendan Gleeson. (2024, 15, 138min) ★★★★
8.00 **I, Tonya** Biopic starring Margot Robbie. Ice skater Tonya Harding rises through the ranks of US figure skating, but her future is thrown into question by a shocking incident. (2017, 15, 119min) ★★★★
10.15 **Hamnet** Period drama starring Paul Mescal and Jessie Buckley. (2025, 12, 125min) ★★★★
12.25 AM **The Brutalist** Epic period drama starring Adrien Brody. (2024, 18, 215min) ★★★★★
3.45 **Quartet** Comedy drama directed by Dustin Hoffman, starring Tom Courtenay and Maggie Smith. (2012, 12, 94min) ★★★★
5.25 **to 7.10** AM **Flashdance** (1983)

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.35 AM **The Bride!** Horror thriller. (2025, 15, 126min) ★★★★
9.50 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
12.10 PM **Assassin's Creed** Adventure starring Michael Fassbender. (2016, 12, 115min) ★★
2.20 **Annabelle** Horror thriller. (2014, 15, 97min) ★★
4.15 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
6.10 **Ghostbusters** Supernatural comedy starring Bill Murray. (1984, 12, 105min) ★★★★
8.00 **Constantine** Supernatural horror thriller starring Keanu Reeves and Rachel Weisz. (2005, 15, 121min) ★★★
10.10 **Weapons** Horror starring Julia Garner. When all but one child from the same class vanish on the same night at the same time, a community is left questioning their disappearance. (2025, 18, 128min) ★★★★★
12.25 AM **Presence** Horror thriller. (2024, 15, 84min) ★★★★
2.00 **Opus** Thriller with Ayo Edebiri. (2025, 15, 104min) ★★★★
3.50 **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
5.35 **to 7.25** AM **Until Dawn** Horror. (2025, 15, 99min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.55 AM **Puss in Boots** Animation. (2011, U, 90min) ★★★★
8.40 **Alvin and the Chipmunks** Comedy. (2007, U) ★★★
10.25 **Alvin and the Chipmunks: The Squeakquel** (2009) ★★
12.05 PM **Alvin and the Chipmunks: Chipwrecked** (2011, U) ★★
1.50 **Alvin and the Chipmunks: The Road Chip** (2015, U) ★★
3.35 **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★
6.00 **Scooby-Doo** (2002, PG) ★★★

7.30 **Scooby-Doo 2: Monsters Unleashed** Comedy adventure sequel starring Freddie Prinze Jr. (2004, PG, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.05 **Teenage Mutant Ninja Turtles** Fantasy starring Megan Fox. Humanoid amphibians use their martial arts skills to protect New York from a criminal organisation. (2014, 12, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy sequel starring Megan Fox. (2016, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **The Karate Kid** Drama. (2010, PG, 140min) ★★★
3.05 **Lemony Snicket's A Series of Unfortunate Events** Comedy. (2004, PG, 103min) ★★★★
4.55 **to 6.50** AM **Sonic the Hedgehog 3** Adventure. (2024, PG, 110min) ★★★

Sky Cinema Action

306 306 407 507 521

7.30 AM **Green Lantern** Adventure. (2011, 12, 114min) ★★
9.30 **Nobody 2** Comedy thriller. (2025, 15, 89min) ★★★
11.10 **Kong: Skull Island** Adventure. (2017, 12, 118min) ★★★★
1.20 PM **Bad Boys** Comedy thriller. (1995, 15, 118min) ★★★
3.20 **Bad Boys II** Comedy thriller sequel. (2003, 15) ★★★
5.50 **Hellboy II: The Golden Army** Comic-book horror fantasy. (2008, 12, 115min) ★★★★

8.00 **Jurassic World: Rebirth** Fantasy adventure starring Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Normal** Action comedy starring Bob Odenkirk. A law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Sisu: Road to Revenge** Finnish action adventure sequel. Partly subtitled. (2025, 15, 89min) ★★★★
1.45 **Bullet Train** Comedy thriller. (2022, 15, 127min) ★★★★
3.55 **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★
5.45 **to 7.35** AM **Long Gone Heroes** Action thriller. (2024, 15) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Honey Don't!** Comedy. (2025, 15, 89min) ★★★
8.50 **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★
10.25 **The Whole Nine Yards** Black comedy. (2000, 15) ★★★
12.05 PM **Kingpin** (1996, 12) ★★★
2.05 **Logan Lucky** Crime caper. (2017, 12, 114min) ★★★★
4.05 **Bridget Jones: Mad About the Boy** (2024, 15) ★★★★
6.10 **The Death of Stalin** Satire. (2017, 15, 106min) ★★★★

8.00 **Mamma Mia!** Musical starring Meryl Streep. A young bride-to-be invites three of her mother's old boyfriends to her wedding, hoping to find out which one is her father. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Mamma Mia! Here We Go Again** Musical sequel starring Amanda Seyfried. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
1.40 AM **Weird Science** Fantasy. (1985, 12, 94min) ★★★
3.15 **Seven Psychopaths** Comedy. (2012, 15, 106min) ★★★★
5.10 **Cinema List: Risky Romance**
5.25 **to 7.00** AM **So I Married an Axe Murderer** Comedy thriller. (1993, 15, 92min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.15 AM **Clear and Present Danger** Thriller. (1994, 12) ★★★
9.45 **Civil War** Action thriller. (2023, 15, 109min) ★★★★
11.45 **Now You See Me** Thriller. (2013, 12, 115min) ★★★
1.45 PM **Now You See Me 2** Thriller sequel. (2016, 12, 124min) ★★★
4.00 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
6.00 **The Bourne Supremacy** Espionage thriller sequel. (2004, 12, 108min) ★★★★

8.00 **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon. An ex-CIA assassin strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles and David Strathairn. (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Lethal Weapon** Action comedy thriller starring Mel Gibson and Danny Glover. A volatile undercover cop and his unwilling new partner take on a drugs gang. (1987, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Cellular** Crime thriller. (2004, 15, 94min) ★★★
1.50 AM **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
3.55 **The Line** Drama starring Alex Wolff. (2023, 15, 100min) ★★★
5.45 **to 7.35** AM **The Surfer** Thriller starring Nicolas Cage. (2024, 15, 100min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Son of Robin Hood** Swashbuckling adventure. (1958, U, 77min) ★★
12.40 PM **The Comancheros** Western. (1961, PG) ★★★
2.50 **Man in the Saddle** Western. (1951, PG, 87min) ★★★
4.35 **Charade** Comedy thriller. (1963, PG, 114min) ★★★★
6.50 **Fisherman's Friends: One and All** Comedy drama sequel. (2022, 12, 112min) ★★★

Fisherman's Friends: One and All (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Brassed Off** Comedy drama about the brass band of a North Yorkshire colliery that is threatened with closure. Stars Pete Postlethwaite, Ewan McGregor, Tara Fitzgerald and Stephen Tompkinson. (1996, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Glass** M Night Shyamalan's fantasy thriller starring James McAvoy, Bruce Willis and Samuel L Jackson. Three men with superhuman abilities end up in a psychiatric hospital, where a doctor has sinister plans. (2019, 15, 129min) ★★★
1.45 **to 3.45** AM **Cuban Fury** Comedy starring Nick Frost. (2013, 15, 94min) ★★★

8 PM
9 PM
10 PM
11 PM

+1hour 314 430 47 301 257

Sky Cinema Animation

302 302 402 502 516

6.05 AM **Tom and Jerry: Forbidden Compass** Animated adventure. (2025, PG, 104min)
7.50 **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
9.25 **Kung Fu Panda 2** Animation. (2011, PG, 90min) ★★★★
11.00 **Kung Fu Panda 3** Animation. (2016, PG, 95min) ★★★★
12.40 PM **The Wild Robot** Animation. (2024, U, 102min) ★★★★

2.25 **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91 min)
4.00 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
5.45 **Antz** Animated comedy. (1998, PG, 83min) ★★★
7.10 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
8.45 **Corpse Bride** Animated fantasy. (2005, PG, 74min) ★★★★
10.05 **Smurfs: The Lost Village** Animated fantasy adventure. (2017, U, 87min) ★★★

11.40 **Sneaks** Animated comedy. (2025, PG, 92min) ★★
1.15 AM **The Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12, 134min) ★★★★
3.35 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
5.00 **to 6.25** AM **Corpse Bride**

Sky Cinema Greats

307 307 404 504 518

6.20 AM **Caddyshack** Comedy. (1980, 15, 95min) ★★★
8.05 **Tootsie** As shown at 4.20am.
10.05 **Big Daddy** Comedy with Adam Sandler. (1999, 12, 95min) ★★★
11.40 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
1.10 PM **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★

2.50 **The 'burbs** Offbeat comedy. (1989, PG, 103min) ★★★
4.40 **Arthur** Comedy starring Dudley Moore. (1981, 15, 93min) ★★★★
6.20 **The Wedding Singer** Offbeat romantic comedy starring Adam Sandler and Drew Barrymore. (1998, 12, 97min) ★★★★
8.00 **Notting Hill** Romantic comedy starring Julia Roberts and Hugh Grant. (1999, 15, 120min) ★★★★
10.10 **You've Got Mail** Romantic comedy starring Tom Hanks. (1998, PG, 114min) ★★★

12.10 AM **Boomerang** Romantic comedy starring Eddie Murphy. (1992, 15, 117min) ★★
2.10 **The End of the Affair** Romantic drama. (1955, PG, 106min) ★★
4.00 **The Cinema List: Remakes**
4.20 **to 6.20** AM **Tootsie** Comedy. (1982, 15, 116min) ★★★★

Disney+ Cinema

305 305

6.00 AM **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
7.50 **Brave** Animated adventure. (2012, PG, 93min) ★★★★
9.30 **The Little Mermaid** Animation. (1989, U, 87min) ★★★★★
10.55 **Monsters, Inc** Animated comedy. (2001, U, 95min) ★★★★★
12.30 PM **Raya and the Last Dragon** Animated fantasy adventure. (2021, PG, 103min) ★★★★

2.20 **Hercules** Animated musical. (1997, U, 92min) ★★★★
3.55 **Finding Nemo** Animated comedy. (2003, U, 104min) ★★★★★
5.40 **WALL-E** Animated adventure. (2008, U, 98min) ★★★★★
7.20 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
9.00 **The Fault in Our Stars** Romantic drama starring Shailene Woodley and Ansel Elgort. (2014, 12, 121 min) ★★★
11.05 **Ant-Man** Superhero adventure. (2015, 12, 117min) ★★★★

1.05 AM **Black Swan** Psychological thriller. (2010, 15, 108min) ★★★
2.55 **(500) Days of Summer** Offbeat romantic comedy. (2009, 12, 95min) ★★★★
4.35 **to 6.00** AM **Pocahontas** Animated historical adventure. (1995, U, 81 min) ★★★

Movies 24

312 313 419

7.00 AM **Food for the Heart** Comedy. (2023, PG, 83min) ★★
9.00 **Season's Greetings from Cherry Lane** Festive drama sequel. (2024, PG, 84min) ★★
11.00 **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★
1.00 PM **Signs of Your Heart** Romantic comedy starring Kelli McNeil. (2023, PG, 89min) ★★

3.00 **Royal-Ish** Romantic drama. (2025, PG, 84min) ★★
5.00 **Mystery Island: Play For Keeps** Drama starring Elizabeth Henstridge and Charlie Weber. (2025, PG, 90min) ★★
7.00 **Mystery Island: Winner Takes All** Drama starring Elizabeth Henstridge and Charlie Weber. (2025, PG, 90min) ★★
9.00 **The Finnish Line** Romantic comedy drama starring Kim Matula and Beau Mirchoff. (2024, PG, 84min) ★★

11.00 **Just in Time** Drama with Laura Osnes. (2024, PG, 90min) ★★
1.00 AM **An American in Austen** Comedy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **The Boxer and the Butterfly** (2023, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **The Vise** 18/39. (S1)
6.35 **The Sword of Monte Cristo** Adventure. (1951, U, 80min) ★★
8.10 **Woman on the Run** Drama. (1950, b/w, PG, 77min) ★★
9.45 **Scotland Yard** 25/39. (S1)
10.30 **Z Cars** 7/31. (S10)
11.35 **Live It Up** Comedy starring David Hemmings and John Pike. (1963, U, 78min) ★★★
1.00 PM **Richard the Lionheart**

1.35 **Sleeping Car to Trieste** Thriller. (1948, b/w, PG, 91 min) ★★★
3.30 **Discovering Westerns**
5.00 **Doctor in Love** Comedy starring Michael Craig and Leslie Phillips. (1960, PG, 97min) ★★
7.00 **The Footage Detectives**
8.00 **Maigret** 3/6. (S4)
9.50 **The Key** World War Two romantic drama starring William Holden and Sophia Loren. (1958, b/w, 12, 134min) ★★★
12.25 AM **Breathless** Drama. (1960, b/w, PG, 90min) ★★★★★

2.15 **The Killings at Outpost Zeta** Futuristic thriller starring Gordon DeVol and Jacquelyn Ray. (1980, 15, 92min) ★★
4.05 **Le Mans Car Racing**
4.25 **The Veil** 4/12. (S1)
5.00 **to 6.00** AM **The Man from UNCLE**

MONDAY Sport 17 August

Monday

Sky Sports Main Event

401 401 501 419 439

- 6.00 AM **Sky Sports Catch Up**
- 7.00 **Sky Sports Breakfast**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Lunchtime Live**
- 2.00 **The EFL Show**
- 3.00 **Sports Desk**
- 4.00 **LIVE WTA & ATP Tennis** Coverage of the fifth day of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
- 7.00 **LIVE EFL Cardiff City v Wrexham.** The final match in the opening round of Championship fixtures at Cardiff City Stadium. This is the first league meeting between the Welsh rivals since both teams were in the third tier in the 2001/02 campaign. More recently, these two sides faced each other in the fourth round of the EFL Cup last term, when Cardiff claimed a 2–1 victory. Kick-off **8.00pm**.
- 10.30 **LIVE WTA & ATP Tennis** Further coverage of day five of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio.
- 4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Best Goals**
- 8.00 **PL 200 Club: Harry Kane**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Premier League Years** Review of the 1997/98 season.
- 3.00 **PL Retro** Leicester City v Manchester United from 2014.
- 5.00 **The Premier League Show**
- 7.00 **The Transfer Show**
- 8.00 **Premier League Stories**
- 8.30 **Cult Heroes** Profile of Yakubu.
- 9.00 **Transfer 360** Why Robbie Fowler left Liverpool for Leeds United. **9.30** A look at why David Ginola signed for Newcastle United.
- 10.00 **James Milner: Record Breaker** The career of James Milner.
- 10.30 **Away From Home** British and Irish footballers explain why they made the move overseas.
- 11.00 **Premier League Years** Classic games, blunders and moments of skill from the 2003/04 season.
- 1.00 AM **PL Retro** A replay of Arsenal v Tottenham Hotspur from 2010.
- 3.00 **PL Greatest Games**
- 4.00 **Premier League Best Goals**
- 5.00 **to 6.00** AM **PL 200 Club**

Sky Sports Football

403 403 503 421 441

- 6.00 AM **EFL League One Goals**
- 6.30 **EFL League Two Goals**
- 7.00 **EFL Highlights**
- 10.00 **EFL League One Goals**
- 10.30 **EFL League Two Goals**
- 11.00 **EFL** A chance to see Burnley v West Ham United at Turf Moor.
- 1.00 PM **EFL Greatest Games**
- 1.15 **EFL Highlights** Championship.
- 2.00 **The EFL Show**
- 3.00 **EFL Highlights** Championship.
- 7.00 **LIVE EFL Cardiff City v Wrexham.** The final match in the opening round of Championship fixtures held at Cardiff City Stadium. This is the first league meeting between the Welsh rivals since both teams were in the third tier in the 2001/02 season. Kick-off **8.00pm**.
- 10.30 **EFL Highlights** Watford v Southampton in the Championship. **10.45** Burnley v West Ham Utd.
- 11.00 **EFL Cup Highlights** Action from fixtures in the first round.
- 12.00 M'T **EFL** Archive highlights.
- 3.00 AM **SPFL Highlights**
- 3.30 **EFL Greatest Games**
- 4.00 **EFL Cup** The 2021/22 final.
- 5.00 **Best Goals: EFL Cup 2021/22**
- 5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

- 6.00 AM **The Hundred Bitesize**
- 7.00 **The Hundred** Another chance to see the men's final held at Lord's.
- 11.00 **The Hundred Bitesize**
- 11.30 **The Hundred** Another chance to see the women's final at Lord's.
- 3.00 PM **The Hundred Bitesize** Highlights of the women's final. **3.15** Action from the men's final.
- 3.30 **The Hundred** Another chance to see the men's final between the winners of the eliminator and the team that finished top of the table staged at Lord's in London.
- 7.30 **The Hundred Bitesize** Action from the women's final. **7.45** Highlights of the men's final.
- 8.00 **The Hundred** Another chance to see the women's final between the eliminator-winners and the team that topped the round-robin stage held at Lord's in London.
- 11.30 **The Hundred Bitesize** Highlights from the women's final. **11.45** Men's final highlights.
- 12.00 M'T **One-Day International Cricket** England v India: Action from the three-match ODI series.
- 3.00 AM **International T20 Cricket**
- 5.30 **to 6.00** AM **Nepal Climbing Cricket's Mountain**

Sky Sports Golf

406 406 506 423 443

- 6.00 AM **DP World Tour Golf** Another chance to see day four of the Danish Golf Championship.
- 11.00 **PGA Tour Golf** The fourth day of the St Jude Championship.
- 5.00 PM **Roots** Player profiles.
- 6.00 **Challenge Tour Golf Highlights**
- 6.30 **PGA Tour Golf** The fourth day of the St Jude Championship.
- 7.30 **DP World Tour Golf** Action from the Danish Golf Championship.
- 8.00 **Legends Tour Golf** Action from the PGA Seniors Championship.
- 9.00 **PGA Tour Golf** The fourth round of the St Jude Championship.
- 10.00 **Ladies European Tour Golf** The London Championship.
- 11.00 **PGA Tour Champions** Action from the Portugal Invitational.
- 12.00 M'T **How the 2014 Ryder Cup Was Won** Tournament review.
- 2.00 AM **PGA Tour Golf**
- 5.00 **DP World Tour Golf**
- 5.30 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

- 6.00 AM **WTA & ATP Tennis**
- 11.00 **ATP Tennis** Canadian Open. **12.00** NOON Action from the ATP Monte-Carlo Masters final.
- 1.00 PM **WTA & ATP Tennis** Day four of the Cincinnati Open.
- 4.00 **LIVE WTA & ATP Tennis** Coverage of the fifth day of the Cincinnati Open staged at Lindner Family Tennis Center in Mason, Ohio. Emma Raducanu was involved in an epic encounter with the number one seed Aryna Sabalenka at this stage 12 months ago, but sadly for the Brit she was defeated 6-7 6-4 6-7.
- 4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

- 6.00 AM **LIVE Test Cricket Sri Lanka v India.** Coverage of the third day of the first Test in the two-match series staged at Galle International Stadium.
- 1.30 PM **CPL Highlights** Saint Lucia Kings v Barbados Tridents.
- 2.00 **MLB Highlights** Baseball action.
- 3.00 **Formula E** The London ePrix.
- 5.00 **FA Community Shield** Action from Arsenal v Manchester City.
- 6.30 **LIVE MLB Cincinnati Reds v St Louis Cardinals.** The National League Central match at Great American Ball Park. Start-time **6.40pm**.
- 9.30 **MLB Plays of the Week**
- 10.00 **European Rally Championship Highlights** Rally Czech.
- 10.30 **CPL Highlights** Action from Saint Lucia Kings v Barbados Tridents.
- 11.00 **Snooker: China Open**
- 1.00 AM **Hard Knocks: Training Camp with the Seattle Seahawks**
- 2.00 **Cycling** Event highlights.
- 4.00 **TNT Sports Cricket Reload**
- 4.15 **Test Cricket Highlights**
- 5.15 **to 6.00** AM **LIVE Test Cricket Sri Lanka v India.** Coverage of day four of the first Test staged at Galle International Stadium.

TNT Sports 2

411 414 522 409 431

- 6.00 AM **Cycling** The fourth stage of the men's Tour of Czechia race. **7.00** Action from the men's ADAC Cyclassics Hamburg. **8.00** Men's Arctic Race of Norway. **9.00** Men's Tour of Portugal. **10.00** A review of this year's Tour de France Women race.
- 11.00 **The Breakdown** The dynamics of a football dressing room.
- 11.30 **British Superbikes** Round seven.
- 1.00 PM **Cycling** The fourth stage of the men's Tour of Czech Republic. **2.00** ADAC Cyclassics Hamburg. **3.00** Men's Arctic Race of Norway. **4.00** Men's Tour of Portugal.
- 5.00 **CPL Highlights** Action from Saint Lucia Kings v Barbados Tridents.
- 5.30 **Champions League Classics** Manchester United v Real Madrid from the 1999/2000 season.
- 6.00 **LIVE Ultimate Pool** The Group B matches in the Super 8's of the Champions League tournament.
- 9.30 **British Superbikes Highlights** The seventh round at Thruxton.
- 10.30 **UFC** Another chance to see Islam Makhachev v Ian Machado Garry.
- 1.30 AM **UFC: The Ultimate Fighter**
- 2.30 **UFC Reloaded** UFC 224.
- 5.00 **to 6.00** AM **Men's Cycling**

Sky Sports Action

412 410 510 426 446

- 6.00 AM **Super League** Another chance to see Leigh Leopards v Catalans Dragons from 2025.
- 9.00 **Super League** St Helens v Catalans Dragons from 2025.
- 12.00 NOON **NFL Highlights**
- 1.00 PM **Good Morning Football**
- 3.00 **NFL Highlights** San Francisco 49ers v Seattle Seahawks.
- 4.00 **Super League Highlights**
- 5.00 **NFL Highlights** Pittsburgh Steelers v Indianapolis Colts.
- 6.00 **NBC's Pro-Football Talk**
- 8.00 **NBA Basketball** Another chance to see Minnesota Timberwolves v Golden State Warriors.
- 10.00 **NFL Bitesize Highlights** Action from the 2025/26 season.
- 11.00 **NFL Fantasy** Featuring the top NFL fantasy experts and analysts.
- 12.00 M'T **The Insiders** NFL news.
- 1.00 AM **NFL Highlights**
- 2.00 **NFL Bitesize Highlights**
- 3.00 **LIVE WNBA Golden State Valkyries v Dallas Wings.** Coverage of the match at Chase Center. Both teams are enjoying strong campaigns so far and will each hope to qualify for the play-offs. Tip-off **3.00am**.
- 5.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

- 6.00 AM **Sky Sports Catch Up**
- 7.00 **Sky Sports Breakfast**
- 8.00 **Super League** Another chance to see Hull Kingston Rovers v Castleford Tigers at Craven Park.
- 10.40 **My Icon** Sporting influences.
- 11.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Lunchtime Live** Magazine.
- 2.00 **The EFL Show** The big talking points from the Football League.
- 3.00 **Sports Desk** Sports news with live analysis and comments.
- 4.00 **LIVE WTA & ATP Tennis** The fifth day of the Cincinnati Open from Lindner Family Tennis Center in Mason, Ohio, where the third round is scheduled to commence. Unseeded Frenchman Benjamin Bonzi defeated the number 25 seed Stefanos Tsitsipas at the corresponding stage last year, and qualifier Adrian Mannarino also claimed a shock win in three sets over the 13th seed Tommy Paul.
- 12.00 M'T **LIVE WTA & ATP Tennis** Further coverage of day five of the the Cincinnati Open, a joint ATP 1000 and WTA 1000 event at Lindner Family Tennis Center.
- 4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

- 6.00 AM **PL Greatest Games**
- 7.00 **Women's T20 World Cup**
- 8.00 **ATP Tennis** Tournament action.
- 10.00 **The Players Championship**
- 11.00 **WTA Tennis** Mérida Open final.
- 12.00 NOON **My Icon** Sporting heroes.
- 12.30 PM **Darts World Championship Years 2014/15** Highlights.
- 1.00 **NFL Highlights**
- 2.00 **Premier League Darts** Another chance to see fifth night staged at Utilita Arena Cardiff in Wales.
- 6.00 **Formula 1** Hungarian Grand Prix.
- 7.00 **Zuffa Boxing** Action from Shane Mosley Jr v Serhii Bohachuk.
- 8.00 **Legends Tour Golf** Action from the PGA Seniors Championship.
- 9.00 **PGA Tour Golf** The fourth round of the St Jude Championship.
- 10.00 **Ladies European Tour Golf** The London Championship.
- 11.00 **NFL Highlights**
- 12.00 M'T **My Icon** Sporting influences.
- 12.30 AM **Darts Gold** Archive action.
- 1.00 **Super League**
- 3.30 **My Icon** Johnny Nelson.
- 4.00 **Super League Highlights**
- 5.00 **My Icon** Sporting influences.
- 5.30 **to 6.00** AM **Darts Gold**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **AFL** Replays of four games.
- 12.00 NOON **AFL** Another chance to see Hawthorn v Collingwood. **1.30** PM Another chance to see Port Adelaide v Melbourne. **3.00** Another chance to see GWS Giants v West Coast Eagles.
- 4.30 **AFL** Western Bulldogs v Carlton. **6.00** A replay of a match.
- 7.30 **Playing for Our Future**
- 7.45 **Test Cricket Highlights** Action from Sri Lanka v India.
- 8.45 **The Gruppetto** Cycling news.
- 9.00 **Fishing: On the Bank**
- 10.00 **NWSL** Highlights from Gotham FC v Kansas City Current. **11.00** The key moments from Angel City FC v Washington Spirit.
- 12.00 M'T **Formula E** London ePrix.
- 2.00 AM **European Rally Championship Highlights**
- 2.30 **UIM F1H2O World Championship Highlights**
- 3.00 **Formula E: Driver**
- 5.00 **to 6.00** AM **British Superbikes**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **Classic Premier League** The best goals from past seasons.
- 1.00 PM **Classic Premier League** A review of the 2012/13 season. **2.00** A review of 2013/14. **3.00** Season review of 2014/15. **4.00** A 2015/16 season review.
- 5.00 **Classic Premier League** Taking a look back at the best goals from the 2016/17 season. **6.00** Best goals of 2017/18. **7.00** Best goals 2018/19. **8.00** The best goals from the 2019/20 Premier League season. **9.00** Best goals 2020/21. **10.00** Best goals 2021/22. **11.00** Best goals 2022/23. **12.00** M'T A look at the best goals from the 2023/24 season. **1.00** AM The best goals from the 2024/25 Premier League season.
- 2.00 **Premier League Preview**
- 3.00 **AFL** A replay of a game.
- 4.30 **to 6.00** AM **Champions League – Classics**

Premier Sports 1

419 APP 528

- 6.00 AM **Sporting Countdowns**
- 7.00 **LaLiga** Celta Vigo v Osasuna. **9.00** Alaves v Getafe.
- 11.00 **Sporting Greats**
- 11.30 **Premier Sports Cup**
- 1.30 PM **Sporting Greats**
- 2.00 **Premier Sports Cup**
- 3.55 **Football's Greatest**
- 4.55 **LIVE Coppa Italia Pisa v Empoli.** All the action from the first-round tie staged at Cetilar Arena. Kick-off **5.00pm**.
- 7.15 **LaLiga Match Highlights**
- 7.25 **Sporting Greats**
- 7.55 **LIVE LaLiga Deportivo La Coruna v Elche.** Coverage of the match at Estadio Abanca-Riazor. Kick-off **8.00pm**.
- 10.00 **Sporting Greats**
- 10.30 **Sporting Countdowns**
- 11.00 **Coppa Italia** Sassuolo v Cesena.
- 1.00 AM **LaLiga** Alaves v Getafe.
- 3.00 **Sporting Greats**
- 3.30 **Africa Eco Race**
- 3.45 **to 6.00** AM **NHL Ice Hockey**

Premier Sports 2

420 APP 529

- 6.00 AM **Motorsport** Drew Gibson.
- 7.00 **NASCAR** Another chance to see the Cookout 400 race.
- 11.00 **Bike World** Magazine.
- 11.30 **Coppa Italia** Another chance to see Frosinone v Juve Stabia.
- 1.30 PM **Temples of Sport** Iconic venues from around the globe.
- 2.00 **Brasileiro Serie A** Another chance to see Mirassol v Flamengo.
- 4.00 **Argentine Primera** A replay of River Plate v Argentinos Juniors.
- 6.00 **LaLiga** Another chance to see Racing Santander v Villarreal.
- 8.00 **LaLiga Match Highlights** Action from Alaves v Barcelona.
- 8.10 **LIVE Coppa Italia Palermo v Lecce.** Coverage of the first-round tie from Stadio Renzo Barbera. Kick-off **8.15pm**.
- 10.30 **Football's Greatest**
- 11.30 **Coppa Italia** Another chance to see Cremonese v Sampdoria.
- 1.30 AM **NASCAR** Cookout 400.
- 5.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 507 424 444

- 6.00 AM **Formula 1** Archive races.
- 10.00 **Formula 1** Another chance to see the Hungarian Grand Prix.
- 12.15 PM **F1 Features**
- 12.30 **British GT Championship**
- 2.05 **Alba Larsen IV**
- 2.10 **Lewis Hamilton IV**
- 2.15 **British GT Championship**
- 3.50 **F1 Feature**
- 4.00 **Formula 1** Another chance to see the Hungarian Grand Prix.
- 6.15 **British Kart Championships**
- 7.15 **Formula 1** Hungarian Grand Prix.
- 10.30 **Indycar** The Indy at Markham.
- 1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

18 August

Planner

Little Bird

DRAMA Sky Atlantic, 9pm & 10pm

Canadian drama starring Darla Contois. A First Nations woman who, as a child, was separated from her family during the 'Sixties Scoop' attempts to find her siblings and reclaim her heritage.

Race Against the Tide

REALITY BBC2, 7.30pm

(box set, BBC iPlayer)

Comedian and voice of *Love Island* Iain Stirling takes a rare turn in front of the cameras to front this entertaining contest in which professional artists team up with sandcastle newbies to create epic sand sculptures before they are washed away.

The Great ADHD Myth?

DOCUMENTARY C4, 8pm

NHS psychiatrist Max Pemberton (pictured) takes a look at the recent surge in ADHD diagnoses, and examines whether screen time and ultra-processed food could be two factors that are driving the increase in symptoms.

Celebrity MasterChef

COOKERY BBC1, 9pm

The celebrity version of the show returns with Michelin-starred chef Giorgio Locatelli joining Grace Dent to judge the cooking skills of stars, including comedian Joe Pasquale and former The Wanted singer Jay McGuiness.

Tuesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 The Great British Sewing Bee		9.00 Celebrity MasterChef		10.00 News; Local News	
	102 BBC2	7.00 Nigellissima	7.30 Race Against...	8.00 Saving Lives at Sea		9.00 Emergency 24/7		10.00 Live at the...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Inside the...	8.00 Emmerdale	8.30 Coronation...	9.00 True Crime Presents: No Escape...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Great ADHD Myth?		9.00 Celebrity Hunted		10.00 Gogglebox	
	105 5	7.00 Police Interceptors		8.00 Motorway Cops: Catching Britain's...		9.00 The Georgians with Rob Rinder & Ruth Goodman			10.30 James Bulger...
	106 SKY ONE	7.00 The Simpsons		8.00 Best Medicine		9.00 Film: Bridesmaids			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 Film: Mission: Impossible			
	116 BBC4	7.00 The Architecture the Railways Built		8.00 To the Manor...	8.30 Keeping Up...	9.00 Rise of the Clans		10.00 Britain in Focus: A Photographic...	
	118 ITV2	7.00 The Floor		8.00 The 1% Club		9.00 Olivia Attwood: The Price of Perfection		10.00 Family Guy	
	136 MORE4	‹ 6.50 Car S.O.S.		7.55 Grand Designs		9.00 PopMaster TV		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Vanderpump Rules		9.00 Below Deck Down Under		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 The Rookie		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.45 House of the Dragon				9.00 Little Bird			
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Joe & David's Magical Sitcom Tour		10.00 The Office	10.40 Not...
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Grantchester	
	120 ITV4	7.00 The Motorbike Show		8.00 The Grand Fishing Adventure		9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: True Lies			
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 'Allo 'Allo!			9.35 New Tricks		10.35 Luther
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.20 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The World in a Painting: Manet's Lamps		9.15 Art Traffickers: Treasures Stolen from...		10.15 Wonderland: Gothic	
	132 U&W	7.00 MasterChef Australia			8.25 Nigella: At My Table	9.00 The Killing of James Bulger		10.00 Nurses on the Ward	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Deadliest Catch		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 Treehouse Masters: Out on a Limb		8.00 The Pool Master		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Disaster Autopsy	
	123 SKY HISTORY	7.00 Forged in Fire				9.00 History's Greatest Machines with...		10.00 Prison Chronicles	
	155 U&YESTERDAY	7.00 The Blue Planet		8.00 Bangers & Cash: Restoring Classics		9.00 Bangers & Cash			
	114 SKY DOCS	‹ 6.00 I Am Patrick Swayze		8.00 Mind Over Murder					

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Countryfile Treasures** (S)(R)
10.30 **Garden Rescue** (S)(R)
11.15 **Homes Under the Hammer** New edition From Derby, North Shields and Norwich. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Items include an inflatable castle and an old storage unit. (S)
2.45 **Escape to the Country** New edition A search for a rural family home in Herefordshire. (S)
3.30 **The Repair Shop** (S)(R)(AD)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 The Great British Sewing Bee

7 PM

7.00 **The One Show** Lauren Laverne and Roman Kemp host the topical show. (S)
7.30 **EastEnders** Ravi turns to Zack for advice, Max gets up to his old tricks, and Penny is reluctant to accept Vinny's support. (S)(AD)

8 PM

8.00 **The Great British Sewing Bee** New edition 6/10. Sophie Willan hosts Children's Week, as the contestants follow a pattern for a tutu, repurpose fleece into toys and create superhero outfits. (S)(AD)

9 PM

9.00 **NEW SERIES** **Celebrity MasterChef** 1/15. Joe Pasquale, Jason Mohammad, Emily Campbell, Jay McGuiness and Shakira Khan compete in the first heat of the culinary contest. (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM** **The Untouchables** Director Brian De Palma's gangster thriller starring Kevin Costner and Sean Connery. US treasury agent Eliot Ness vows to bring down Chicago crime boss Al Capone. With Andy Garcia and Robert De Niro. (S) (1987, 15, 115min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **The Hit List** Marvin and Rochelle Humes present as a pair of best friends from Liverpool, a married couple from Swansea, and a father and son-in-law from Pontefract take part in the music-based quiz show. (S)(R)
1.20 **Weather for the Week Ahead** (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Escape to the Country** (S)(R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Quiz. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **Animal Park Summer** (S)(R)(AD)
3.30 **Serengeti II** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** From Sudeley Castle. (S)(R)
5.15 **Flog It!** From Guildford. (S)(R)
6.00 **Richard Osman's House of Games** With former winners Edith Bowman, Rhys James, Anita Rani and Simon Rimmer. (S)(R)
6.30 **Bear Grylls: Wild Reckoning** A father and son are put to the test in the wilderness. (S)(R)(AD)

8.00 Saving Lives at Sea

7.00 **Nigellissima** Pork loin stuffed with oregano and Parma ham. (S)(R)(AD)
7.30 **NEW SERIES** **Race Against the Tide** 1/6. Sand-sculpting contest hosted by Iain Stirling. (S)(AD)
■ Entire series on BBC iPlayer

8.00 **NEW SERIES** **Saving Lives at Sea** 1/10. There's a 999 call about a fisherman who has fallen overboard and there are reports of a dangerously overcrowded small boat in the shipping lanes of the English Channel. (S)(AD)

9.00 **NEW SERIES** **Emergency 24/7** 1/6. A look at the emergency department at Southmead Hospital, Bristol, revealing the everyday pressures as well as the teamwork required to keep the department running. (S)(AD)

10.00 **Live at the Apollo** Stephen Bailey hosts from London's Hammersmith Apollo, introducing stand-up sets Lara Ricote and Glenn Moore. (S)(R)
10.30 **Newsnight** (S)
11.05 **The Vampire Lestat: Interview with the Vampire** New episodes *New York:* 5/7. Lestat records his 'posthumous' album. (S)(AD)
11.55 *Montreal:* 6/7. Before the big covert concert, Daniel has one last question. (S3) (S)(AD)
■ Entire series on BBC iPlayer
12.50 AM **Sign Zone: Uncanny** (S)(R)(AD)
1.50 **Sign Zone: Captive Audience – A Real American Horror Story** 1/3. Documentary. (S)(R)(AD)
2.35 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team visit Telford's International Centre, where Stewart Hofgartner makes a bid for a tiny camera, and Tony Geering is tempted by a pair of pricey timepieces. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Georgia tries to open the 22 red boxes in the right order. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7.30 **Inside the Langham: Britain's First Grand Hotel** New edition 5/6. Reception supervisor Rodrigo welcomes a dancing idol of his ahead of a meeting with King Charles III, while consultant florist Ellie races against time. (S)(AD)

8.00 **Emmerdale** Billy is left terrified at what Dawn might be capable of as paranoia grips them. (S)(AD)
8.30 **Coronation Street** Kit leaves Sarah to deal with Kacey's threat, while Idris hatches a plan. (S)(AD)

9.00 **True Crime Presents: No Escape – Married to a Stalker** New edition A look at the crimes of Janbaz Tarin, who went on the run after murdering his ex-partner Raneem Oudeh and her mother Khaola Saleem in 2018. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM** **Octopussy** James Bond adventure starring Roger Moore. British secret agent 007 tangles with an international smuggling gang led by the mysterious Octopussy. With Maud Adams and Louis Jourdan. (S)(AD) (1983, PG, 145min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.10 AM **Teleshopping**
3.00 **The Summit** 6/8. Dockers tries to enlist his fellow climbers into a secret group. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Long Lost Family: Born Without Trace – What Happened Next** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 4-7/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home on Spain's Costa Blanca. (S)(R)
4.00 **The Great B&B Challenge** An early arrival leads to chaos at Jacqui and Rob's B&B. (S)(R)
5.00 **Chateau DIY** Becky tries to add a Moroccan-style finish to her walls in order to create a hammam-inspired bathroom. (S)(R)(AD)
6.00 **American Pickers** New edition A Virginia bluegrass legend has a few valuable mementos. (S)(AD)

9.00 Celebrity Hunted

7.00 **News** (S)

8.00 **NEW** **The Great ADHD Myth?** NHS psychiatrist and writer Max Pemberton challenges conventional thinking about ADHD, to investigate if the recent rise in diagnoses is down to genuine disorder or a result of other traits. (S)(AD)

9.00 **Celebrity Hunted** New edition Gloria Hunniford provides a safe haven for a pair of fugitives. Meanwhile, the hunters track two runners to a Leeds show bar, and close in on a capture in Scotland. (S)(AD)
■ Entire series on C4 streaming

10.00 **Gogglebox** The armchair critics share their opinions on shows including *I'm a Celebrity... Get Me Out of Here!*, *Alan Carr's Picture Slam*, *Squid Game: The Challenge*, *All Her Fault* and *Celebrity Race Across the World*. (S)(R)(AD)
11.05 **Secret Lives of Gypsy Wives** (R)
12.05 AM **Building Monaco's Superhomes** (S)(SL)(R)(AD)
1.05 **Ramsay's Hotel Hell** (S)(R)(AD)
1.55 **The Piano** (S)(SL)(R)(AD)
2.45 **FILM** **Omen** Belgian-Congolese drama with Marc Zinga. Subtitled. (S)(SL) (2023, 15, 95min) ★★
4.20 **Couples Come Dine with Me** (R)
5.15 **A Place in the Sun** (S)(R)
5.45 **Sunday Brunch** (S)(R)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM Living Next To Danger** Thriller starring Noemi Alexis. (S) (2023, PG, 100min) ★★
4.00 **Castle** *Dead from New York:* 22/23. The creator of a hit comedy series is strangled with his own tie. (S7) (S)(R)
4.55 **Love Nature** A London forager seeks food growing wild. (S)(R)
5.00 **News** (S)
6.00 **Gibraltar: Jewel of the Med** A profile of the peninsula located on the southern coast of Spain, a British overseas territory for more than 300 years. (S)(R)
6.55 **News** (S)

9.00 The Georgians

7.00 **Police Interceptors** Several officers join in the pursuit of two men in a van, who are racing through four counties and ramming police cars along the way. (S)(R)
7.55 **News** (S)

8.00 **Motorway Cops: Catching Britain's Speeders** New edition An uninsured Mercedes van refuses to stop on the M6, leading officers on a dangerous pursuit before patrols manage to force it off the road. (S)

9.00 **NEW The Georgians with Rob Rinder & Ruth Goodman** Rob and Ruth look at the coronation of King George IV in 1820 – one of the most lavish and controversial royal events in British history. The pair explore how rich and poor alike became part of a royal spectacle on an unprecedented scale. (S)
10.30 **James Bulger: The Trial** The story of the 1993 murder trial of Jon Venables and Robert Thompson, the two 10-year-old killers of toddler James Bulger. (S)(R)
12.05 AM **Serial Killer Wives** Featuring the ex-wife of Bobby Joe Long, who was found guilty of eight murders. (S)(R)(AD)
1.00 **Teleshopping** (S)(R)
2.00 **GPs: Behind Closed Doors** (R)
2.50 **Castle** As 4.00pm. (S)(R)
3.40 **Friends** (S9) (S)(R)
4.30 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S6) (S)(R)
10.00 **Will & Grace** (S11) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Africa's Hunters** (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
3.00 **S.W.A.T.** (S1) (S)(R)(AD)
5.00 **The Simpsons** *I'm with Cupid:* Valentine's Day-themed episode, featuring the guest voice of Elton John. (S)(R)
5.30 *D'Oh-in' in the Wind:* Homer follows in the footsteps of his long-lost mother and becomes a hippie. (S)(R)
6.00 **Rob & Romesh vs the NFL** Comedians Rob Beckett and Romesh Ranganathan meet and train with American football players. (S)(R)(AD)

8.00 Best Medicine

7.00 **The Simpsons** *Marge Simpson in 'Screaming Yellow Honkers':* Marge's driving habits come under scrutiny. (S)(R)
7.30 *Make Room for Lisa:* Lisa is forced to share a room with Bart. (S)(R)

8.00 **Best Medicine** New episode *A Tale of Two Sister Cities:* 12/13. Martin is sceptical when Port Wenn welcomes an extremely friendly delegation from its sister city in Norway. (S1) (S)

9.00 **FILM Bridesmaids** Comedy starring Kristen Wiig, Maya Rudolph and Rose Byrne. A single woman tries to compete with a rich rival after she is asked to be her childhood best friend's maid of honour. With Melissa McCarthy, Chris O'Dowd, Jon Hamm and Rebel Wilson. (S) (2011, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 **Grimm** 2/22. A teenager is attacked while breaking into a house. (S1) (S)(R)
12.10 AM **Evil** 2/13. Kristen, David and Ben investigate a supposed miracle. (S1) (S)(R)
1.05 **The Force: Manchester** (S)(R)
2.00 **NEW SERIES Surviving Earth** 1/6. Revisiting major extinction events, beginning with the Permian-Triassic one.
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **12.35am** Scotcast (S)(R) **1.05** The Hit List (S)(R) **1.50** Weather for the Week Ahead (S) **1.55-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm House of the Year (S)(R) **11.10** FILM The Untouchables (S) (1987, 15, 115min) ★★★★★ **1.05am** The Hit List (S)(R) **1.50-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.00-7.30pm SOS: Extreme Rescues (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Bwrdd i Dri **1.30** Arfordir Cymru: Sir Benfro (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Gwesty Aduniad **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Ci Perffaith **6.30** Codi Hwyl **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Nol o'r Dibyn gyda Iolo Williams (AD) **8.55** Newyddion a'r Tywydd **9.00** Siwrna Scandi Chris **10.00** Iaith ar Daith **11.00pm-12.05am** Y Cosmos

TV&Streaming week
New issue on sale today

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve visits the marshlands of Argentina in search of an anaconda. **7.30** Steve searches for giant river otters in Peru.
8.00 **Top Gear** Jeremy Clarkson and James May learn about China's expanding car industry, and Richard Hammond immerses himself in the world of Nascar at a race in Texas.
9.00 **FILM Mission: Impossible** Brian De Palma's action thriller based on the cult 1960s TV series, starring Tom Cruise, Jon Voight and Emmanuelle Béart. An undercover agent devises a risky plan to expose the traitor who betrayed him and his colleagues. (1996, PG, 110min) ★★★
10.45 **FILM Mission: Impossible II** Action thriller sequel starring Tom Cruise. (2000, 15, 124min) ★★★
12.40 AM **FIFA World Cup**
1.20 **Man Like Mobeen**
3.00 **to 4.00** AM **Vigil**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the contest from in and around Cumbria.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a 1967 Aston Martin DB6.
6.50 **Car S.O.S** Fuzz and Tim restore a Renault 5 GT Turbo belonging to a man who had to abandon work on it after a serious illness.
7.55 **Grand Designs** Kevin McCloud meets Spanish architect Jaime and his wife Mimi as they embark on a mission to convert a Grade II-listed folly into a family home in Buckinghamshire.
9.00 **NEW SERIES PopMaster TV** 1/9. Ken Bruce hosts the first heat of the music quiz, with five players battling it out to play '3 in 10' and book a place in the Grand Final.
10.00 **24 Hours in A&E** An 89-year-old man is admitted with acute abdominal pain and has to undergo emergency surgery, and a 10-year-old is brought in after falling out of a tree.
11.05 **24 Hours in A&E**
12.05 AM **999: On the Front Line** Documentary series.
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **The Architecture the Railways Built** Tim Dunn visits Ribblehead Viaduct in the Yorkshire Dales.
7.45 **The Flying Gardener** How trees can be used to create stunning vistas.
8.00 **To the Manor Born** Audrey and DeVere clash over going to church.
8.30 **Keeping Up Appearances** Hyacinth decides to buy a country retreat.
9.00 **Rise of the Clans** Neil Oliver examines the history of Scotland's ancient clans.
10.00 **Britain in Focus: A Photographic History** Eamonn McCabe explores the development of the art of photography in the UK.
11.00 **The Secret Genius of Plants** Documentary.
11.55 **Deep, Down and Dirty: The Science of Soil**
12.50 AM **Britain in Focus: A Photographic History**
1.50 **The Flying Gardener**
2.05 **to 3.05** AM **Rise of the Clans**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Crewe.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** New edition
11.00 **Below Deck: Mediterranean**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks** Leah makes a shocking discovery. **7.00** Myra wants to know what is bothering Mercedes.
7.30 **The Simpsons** *Homer Badman:* Homer is accused of sexual harassment.
8.00 **Vanderpump Rules** New edition Chris plots a romantic gesture for Audrey.
9.00 **Below Deck Down Under** New episode The dynamic within the crew has shifted.
10.00 **First Dates** Former *Monty Python* star Carol Cleveland arrives in the restaurant.
11.05 **Gogglebox**
12.10 AM **Naked Attraction**
1.15 **Below Deck Down Under**
2.10 **Vanderpump Rules**
3.00 **Ramsay's Kitchen Nightmares USA**
3.50 **The Simpsons**
4.15 **The Goldbergs**
5.05 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 | 306 | 30 | 123 | 256

Tuesday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Send in the Dogs**
9.00 **The Force: Manchester**
10.00 **Motorway Patrol**
10.30 **Caught Red Handed**
12.00 NOON **FBI** 6&7/15. (S3)
2.00 PM **The Rookie** 15/22. Lopez puts everything on the line to help Elijah. (S5)
3.00 **Law & Order: Criminal Intent** 16/16. A killer with multiple personalities is on the loose. With F Murray Abraham. (S9)
4.00 **Nothing to Declare**

10.00 Blue Bloods

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 1&2/12. (S6)
10.15 **House of the Dragon** (S2)
12.35 PM **Homicide: Life on the Street** 10&11/22. (S5)
2.30 **Billions** 1&2/12. (S6)
4.40 **The Last of Us** 6/7. Ellie prepares to confront Joel about her past.
5.45 7/7. Ellie's search draws her towards a devastating confrontation. (S2)
6.45 **House of the Dragon** 1/8. Alicent grows concerned by Aegon's Small Council. (S2)

9.00 Little Bird

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Real Housewives of Potomac**
8.20 **Real Housewives of Beverly...**
9.15 **The Only Way Is Essex**
10.15 **Dawson's Creek** 12/13. (S1)
11.10 **Charmed** 12/22. (S1)
12.10 PM **Deal or No Deal**
1.10 **Supermarket Sweep**
2.10 **The Floor** Game show.
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Potomac**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

9.00 The Price of Perfection

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot**
11.30 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *Faithful Unto Death:* Barnaby investigates when the wife of the businessman behind a failed craft centre goes missing.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *For Whom the Bell Tolls:* Missing explosives cause trouble for Blaketon.

5.50 Heartbeat

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Robin of Sherwood**
9.10 **Boon**
10.15 **The Professionals**
11.25 **Robin of Sherwood**
12.25 PM **Magnum, PI**
2.35 **The Casebook of Sherlock Holmes** Mystery drama.
3.45 **Boon**
4.50 **The Professionals** *First Night:* An Israeli minister is abducted.
5.55 **Minder** *Another Bride, Another Groom:* Arthur's niece is due to be married and he is supplying the limousine.

7.00 The Motorbike Show

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.45 House of the Dragon *Rhaenyra the Cruel:* 2/8. Rhaenyra questions Daemon's loyalty as Otto schemes to turn the public against her, while Ser Criston Cole concocts a plan for revenge. (S2)

7.00 The Floor Rob Brydon hosts another tense round of quick-fire quiz duels with each win expanding a player's territory.

6.55 Heartbeat *Out of the Blue:* A road accident causes chaos for the residents of Aidensfield when a tanker is damaged.

7.00 The Motorbike Show Henry Cole and the team head into the final stage of building and testing the landspeed record bike.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Vera *Natural Selection:* The detective investigates when the body of a wildlife ranger is found on a remote island. She seems to have been murdered, but was alone on the island when she died.

8.00 The Grand Fishing Adventure Ali and Bobby head off on the final leg of their British Isles tour to a lake in Essex.

9 PM

9.00 The Rookie *Labour Day:* 2/22. Nolan tries to uncover the truth about a colleague's death. (S5)

9.00 NEW SERIES Little Bird *Love Is all Around:* 1/6. Drama starring Darla Contois and Ellyn Jade.
■ Entire series on Box Sets

9.00 Olivia Attwood: The Price of Perfection New edition 3/6. The booming trend of facelifts for the under-50s.

9.00 Ice Road Truckers Lisa is pushed off the road and ends up in a ditch, while Alex comes to the rescue of a family.

10 PM

10.00 Blue Bloods *Lost Ones:* 11/21. Danny and Baez investigate a chess hustler's death. (S13)

10.00 Little Bird New episode *So Put Together:* 2/6. Esther finds her adoption papers, which spark childhood memories. (S1)

10.00 Family Guy 8/20. Joe is injured during a bull run with the guys. (S14)
10.35 10/21. Peter develops amnesia. (S8)

10.00 Grantchester 5/8. Leonard's drinking lands him in a prison cell for the night. When he wakes up, the consequences escalate from there. (S10)

10.00 Wrestling: AEW Collision Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.

11.00 **The Rookie** 11/22. (S5)
12.00 M'T **FBI** 1&2/15. (S3)
2.00 AM **Fire Country** New episode 8/20. (S4)
3.00 **FBI: Most Wanted** 6/15. (S2)
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

11.00 **House of the Dragon** (S2)
1.20 AM **Billions** 11/12. Axe plots to secure his deposits by poaching from Prince.
2.30 12/12. Drama. (S5)
3.40 **The Guest Wing**
4.35 **Sort Of** 4/8. (S3)
5.05 **to 6.00** AM **The Guest Wing**

11.05 **Family Guy** 11/21. Brian finds out Meg has a boyfriend who has broken out of jail. (S8)
11.35 **American Dad!** (S4)
12.35 AM **Bob's Burgers** (S13)
1.30 **Plebs** 5/8. (S3)
1.55 **Deep Fake Neighbour Wars**
2.20 **to 3.00** AM **Unwind with ITV**

11.00 **Grantchester** 6/8. The frontman of a rock band is found murdered. (S10)
11.50 **Trial & Retribution** (S11)
1.55 AM **George and Mildred**
2.20 **to 2.30** AM **Unwind with ITV**

12.00 M'T **Dark Side of the Ring** The story of Jimmy Snuka, whose girlfriend Nancy Argentino died in 1983.
12.55 AM **Benidorm** 1&2/6. (S1)
1.50 **BattleBots** Eight bots fight to reach the semi-finals.
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 207 310

+1 hour 208/209

+1 hour 218 315 29 114 254

+1 hour 219 317 116

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Great Food Guys** Nick Nairn and Dougie Vipond cook a rack of Scottish lamb.
8.00 **This Farming Life** Nikki and Ollie find out if their favourite buffalo is pregnant.
9.00 **Murder Trial: Death of a Dog Walker** Series finale 2/2. Witnesses unearth more shocking revelations, and the defendant takes the stand before the jury decides if the verdict is guilt or not guilty.
10.00 **David Wilson's Crime Files** Criminals who conceal their activities by leading a secret or double life.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Icons of Football** A profile of Gary McAllister.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **Sort Of** (S3)
10.00 **The Comeback** (S3)
11.20 **Will & Grace** (S8)
12.20 PM **Based on a True Story** 1&2/8. (S1)
1.50 **The Comeback** (S3)
3.00 **Will & Grace** (S7)
4.00 **The Office Movers** (S2)
5.00 **Community** (S2)
6.00 **Will & Grace** (S8)
7.00 **The Office (US)** (S5)
8.00 **The Office Movers** 7/8. The holiday season arrives, with gifts galore.
8.30 8/8. Despite a warning from Senior Judge, Judge Tyco prepares to hear the case of Scott v Prince. (S2)
9.00 **Micky Flanagan: If Ever We Needed It** Stand-up comedy performance.
10.15 **Based on a True Story** 1-3/8. Triple bill. (S1)
12.30 AM **The Office Movers**
1.40 **Community** (S2)
2.40 **The Comeback** (S3)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Backstage with the London Philharmonic**
7.00 **Sir Simon Rattle: The Joy of Conducting**
8.10 **Artist of the Year**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Art of Film...**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Nineties**
4.00 **Discovering**
5.00 **Portrait Artist 2023**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The World in a Painting: Manet's Lamps**
9.15 **Art Traffickers**
10.15 **Wonderland: Gothic**
11.15 **The Movies**
12.15 AM **Miyazaki: Spirit of Nature**
1.50 **Catching Fire**
4.00 **My Week with Lubaina Himid**
5.00 **to 6.00** AM **The Art of Film with Ian Nathan**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: America's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 7/26. (S6)
5.00 **Stargate SG-1** (S9)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** *Unification – Part Two:* 8/26. Picard and Spock clash. (S5)
8.00 **Police 24/7**
9.00 **Law & Order: Criminal Intent** 1&2/22. (S1)
11.00 **Grimm** 7/22. (S1)
12.00 M'T **Fantasy Island** (S2)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Warwick Davis hosts the quiz as five members of an LGBTQ+ running club take part.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Stephen Fry and Jeanette Kwakye take part in the quiz.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Wheel of Fortune** Graham Norton hosts the game show.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.40 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **American Pickers**
10.00 **Find It, Fix It, Flog It**
11.00 **Great B&B Challenge**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Dog House**
8.00 **Gogglebox**
9.00 **Celebrity Gogglebox** Famous faces appraise *Casualty*, *Clarkson's Farm* and *Heretic*.
10.00 **999: On the Front Line** Paramedics treat a woman in the advanced stages of labour.
11.00 **FILM Alice, Darling** Psychological thriller with Anna Kendrick and Charlie Carrick. (2022, 15, 89min) ★★★★
12.50 AM **Gogglebox**
1.50 **8 Out of 10 Cats Does Countdown**
2.55 **Renovation Rescue**
3.55 **to 4.50** AM **Extraordinary Extensions**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** 14&15/20. (S4)
4.00 **Stargate SG-1** 10/20. (S8)
5.00 **Star Trek: Voyager** 26/26. Part one of two. The Borg Queen makes a shocking discovery. (S6)
6.00 **Star Trek: Enterprise** 23/24. Part one of two. Archer is forced to make a pact with several Xindi factions. (S3)

10.00 Grimm

7.00 **Stargate Atlantis** *Outcast:* 15/20. A dangerous Replicator escapes from a research facility. Guest stars Emma Lahana. (S4)
8.00 **Stargate SG-1** *Endgame:* 10/20. The team face their most difficult obstacle yet when the Stargate is stolen. (S8)
9.00 **Resident Alien** *The Weight:* 11/16. Asta tells Dan about the shooting, while Harry learns how to be a good friend. (S2)
10.00 **Grimm** *The Son Also Rises:* 8/13. A team of scientists come under attack, prompting Nick, Hank and Wu to intervene. (S6)
11.00 **The Walking Dead** 4/16. Negan's latest weapon causes problems for Rick's group. (S8)
12.00 M'T **Resident Alien** 10/16. Asta helps Harry learn how to deal with his newfound fear of death. Stars Alan Tudyk. (S2)
1.00 AM **Warehouse 13** (S4)
3.00 **The Walking Dead** (S8)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S8)
9.00 **Shakespeare & Hathaway: Private Investigators** (S3)
10.00 **The Mentalist** 1/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S13)
2.00 **Murdoch Mysteries** (S8)
4.00 **The Mentalist** 1/22. (S6)
5.00 **Hudson & Rex** 4/8. A police dog-in-training leads her partner to a crime scene. (S7)
6.00 **Body of Proof** 5/20. A veteran arson investigator hinders Megan's work. (S2)

8.00 Death in Paradise

7.00 **Private Eyes** *Brew the Right Thing:* 17/18. Two brewing brothers want to find out who is trying to sabotage their beer. (S2)
8.00 **Death in Paradise** *Murder Most Electric:* 4/8. The discovery of an body leads to a hidden world of data mining. (S13)
9.00 **Death in Paradise** *Murder Most Animal:* 2/8. A zoo owner is killed by a tranquilliser dart in an empty park. (S8)
10.20 **Father Brown** *The Puzzle of Banburismus:* The priest investigates when a seamstress is found stabbed to death.
11.20 **Private Eyes** As 7.00pm.
12.20 AM **Shakespeare & Hathaway: Private Investigators** 7/10. An energy tycoon hires Frank and Lu. (S3)
1.20 **Death in Paradise** (13)
2.30 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.10 **The Green Green Grass**
9.45 **Are You Being Served?**
10.25 **Last of the Summer Wine**
11.45 **Dad** Sitcom.
12.25 PM **Only Fools and Horses**
1.05 **Keeping Up Appearances**
1.45 **Dad's Army**
2.25 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Dad** Sitcom.
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

9.00 Magical Sitcom Tour

7.00 **Only Fools and Horses** The Trotters attend Grandad's funeral.
7.40 **Dad's Army** The platoon take a loose barrage balloon off to the woods to secure it to a tree.
8.20 **Are You Being Served?** Mrs Slocombe's flat is occupied by squatters.
9.00 **Joe & David's Magical Sitcom Tour** Series finale 3/3. Joe treats David to the ultimate *Office* tour alongside Ricky Gervais.
10.00 **The Office** The staff celebrate Red Nose Day.
10.40 **Not Going Out** Tim puts the flat on the market after Kate's departure.
11.20 **Mrs Brown's Boys** Agnes falls under a hypnotist's spell at the triplets' baptism.
12.00 M'T **The Office** As 10.00pm.
12.40 AM **Not Going Out**
1.20 **Mrs Brown's Boys**
2.00 **Don't Wait Up**
2.40 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Cornwall**
11.20 **Yukon Gold** Documentary.
12.15 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Guy Martin: Proper Jobs**
4.00 **Hairy Bikers' Best of British**
5.00 **Rick Stein's Cornwall** Four editions, including at: **6.30** Rick explores the Rame Peninsula, which is famed for its cliffs and beaches.

7.40 Would I Lie to You?

7.00 **Mortimer & Whitehouse: Gone Fishing** Fishing for chub on the River Wye.
7.40 **Would I Lie to You?** With guests Danny Dyer, Jon Richardson, Moira Stuart and Joe Lycett. **8.20** Guest panellists include Bob Mortimer and Katherine Parkinson.
9.00 **Have I Got a Bit More News for You** Actor David Tennant hosts the satirical quiz, with Miles Jupp and Cathy Newman,
10.00 **QI XL** Maisie Adam, Kiri Pritchard-McLean and Jack Dee join regular panellist Alan Davies and host Sandi Toksvig.
11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Aisling Bea.
3.00 **Richard Osman's House of Games** With Des Clarke.
3.30 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.45 **Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Classic Neighbours**
3.00 **Whitstable Pearl**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** Foggy thinks the gang should devote themselves to first aid. **6.40** Sid decides he needs a glamorous new image.

3.00 Whitstable Pearl

7.20 **Last of the Summer Wine** Foggy persuades Compo and Clegg to be part of his latest business venture – dog-walking.
8.00 **'Allo 'Allo!** Rene and the resistance try to smuggle the airmen to England. **8.30** Rene's plans to elope with Yvette go awry.
9.00 **'Allo 'Allo!** Rene bumps into Mimi, the Colonel and Gruber on the night train.
9.35 **New Tricks** *Where There's Smoke:* The team reopen the case of a criminal who was killed in a fire at London's Union club in 1996.
10.35 **Luther** 2/4. The detective's date with Mary is interrupted by news of another murder. (S3)
11.55 **Lovejoy** A penniless sculptor seeks Lovejoy's help.
1.05 AM **Sister Boniface Mysteries**
2.15 **Hotel Portofino** 6/6. (S3)
3.10 **to 4.00** AM **2point4 Children**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 19–21/23. (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Black Water:* 11/23. A private investigator finds the body of a navy officer. **7.00** *Doppelganger:* 12/23. The investigation into a petty officer's death takes a strange turn. **8.00** *The Meat Puzzle:* 13/23. Ducky identifies the dismembered bodies of two former colleagues. (S2)
9.00 **Law & Order: Special Victims Unit** *Rorschach:* 6/22. A woman is found injured in a remote campground. (S26) **10.00** *Send in the Clowns:* 17/24. A student disappears during a field trip. (S26)
11.00 **Law & Order: Special Victims Unit** (S19)
1.55 **to 3.50** AM **Beauty and the Beast**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A busy day for the team sees numbers unusually high.
9.00 **999: Killer on the Line** Exploring the murder in 2011 of David Twigg.
10.00 **999: Critical Condition**
11.00 **Skin A&E** Dr Dev weighs in with the clinic's heaviest ever lipoma.
12.00 M'T **Surgeons: A Matter of Life or Death**
1.00 AM **Cold Case Killers**
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Winter Road Rescue**
9.45 **Police Interceptors**
10.45 **Gunsmoke** (S13)
11.50 FILM **Five Card Stud** Western mystery starring Dean Martin. (1968, PG, 100min) ★★★
1.55 PM FILM **Warpath** Western with Edmond O'Brien and Dean Jagger. (1951, U, 95min) ★★
4.00 **Highway Thru Hell**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
9.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
10.00 **Fare Dodgers: At War with the Law**
11.00 **The X-Files** 1/22. (S6)
12.00 M'T **World's Deadliest Weather: Caught on Camera** A hurricane.
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **Property Brothers: Forever Homes**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
5.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The Top 20 contestants compete for immunity from the upcoming elimination.
8.25 **Nigella: At My Table** Nigella Lawson prepares a breakfast of fried bread and tomato hash inspired by her university days.
9.00 **The Killing of James Bulger** Series finale 3/3. The case reaches court, where the true horror of the crime is revealed.
10.00 **Nurses on the Ward**
12.00 M'T **First Responders**
2.00 **to 3.00** AM **Don't Hate Your House with the Property Brothers**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Secret Nazi Bases**
11.00 **The World at War**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **The World at War**
6.00 **Antiques Roadshow**
7.00 **The Blue Planet** Camera crews journey to the deepest parts of the world's oceans to explore the lives of their inhabitants.
8.00 **Bangers & Cash: Restoring Classics** The team work on a 1983 Daimler Double Six.
9.00 **Bangers & Cash**
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** French Riviera.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters: The Restorers** Triple bill.
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Who Do You Think You Are?** Actor Ralf Little explores his family tree.
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House** A huge haul of silver leaves Angus Ashworth speechless.
8.00 **Antiques Road Trip** Irita Marriott and Ishy Khan head to the Kent coast.
9.00 **Who Do You Think You Are?** Double bill.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

TUESDAY Entertainment

Tuesday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S7)
9.00 **Bramwell** 7/7. (S1)
10.00 **The Irish RM** 1/6. (S2)
11.00 **Little House on the Prairie** 6&7/23. (S3)
1.00 PM **The Waltons** (S7)
4.00 **Little House on the Prairie** 6&7/23. (S3)
6.00 **The Irish RM** 1/6. (S2)
7.00 **M*A*S*H** 21-24/24. (S1)
9.00 **Brush Strokes** 2/6. Jacko decides to go back to working for Veronica at Bainbridges. **9.40** 3/6. Elmo's wine bar opens, while Jacko and Eric make an Italian connection. **10.20** 4/6. Jacko experiences Italian family life, and Veronica has a surprise date. (S4)
11.00 **Robin's Nest** (S3)
12.00 M'T **M*A*S*H** (S1)
2.00 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **Raiders of the Lost Art** Munch's *The Scream*.
10.00 **Murder Maps**
11.00 **FILM Gung Ho!** World War Two drama starring Randolph Scott. (1943, b/w, PG, 88min) ★★★
1.00 PM **The Unit** 9/23. (S2)
2.00 **Burn Notice** (S3)
4.00 **FILM Predestination** Sci-fi thriller starring Ethan Hawke. (2014, 15, 98min) ★★★★
6.00 **The Unit** 9/23. (S2)
7.00 **Burn Notice** (S3)
9.00 **FILM The Vault** Action thriller starring Freddie Highmore. (2021, 15, 118min) ★★
11.25 **The Avengers** (S5)
12.25 AM **The New Avengers**
1.25 **The Persuaders!**
2.25 **FILM Firequake** Sci-fi disaster thriller. (2014, 12, 90min) ★
4.00 **Coast Guard Alaska**
4.45 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **FILM Garage Sale Mystery** (2013, PG) ★★
10.05 **FILM Morning Show Mystery: Mortal Mishaps** Crime drama. (2018, PG, 85min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S5)
2.00 **Castle** 3/24. (S5)
3.00 **Diagnosis Murder** (S6)
5.00 **Murder, She Wrote**
7.00 **Castle** 4/24. (S5)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** 3/8. (S5)
10.00 **FILM Morning Show Mysteries: Murder on the Menu** Drama. (2018, PG, 85min) ★★
11.55 **FILM Nelly Knows: A Fatal Engagement** Mystery. (2024, PG) ★★
1.45 AM **FILM Lies and Deception** Thriller. (2005, PG, 82min) ★
3.20 **to 5.00** AM **FILM Another Mother** Thriller. (2020, PG) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Love Hacks** Romantic drama. (2022, PG, 90min) ★★
10.05 **FILM Be Mine** Drama. (2021, PG, 92min) ★★
12.00 NOON **FILM When Love Came to Town** Comedy. (2014, PG) ★★
2.00 PM **FILM You Had Me at Aloha** Drama. (2021, PG, 84min) ★★
3.55 **FILM Love at the Lodge** Romantic drama. (2022, U, 89min) ★★
5.55 **FILM The Perfect Wedding Match** Romantic comedy. (2021, PG, 86min) ★★
7.50 **FILM The Soulmate Search** Romance. (2024, PG, 89min) ★★
9.50 **FILM A Tail of Love** Drama. (2022, U) ★★
11.45 **FILM North to Home** Drama. (2022, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM You Had Me at Aloha**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** From Newark.
1.00 PM **Country House Auction** A pencil sketch.
2.00 **Lake District Rescue**
3.00 **Garden Rescue**
4.00 **Stuart Farm: Green Valley Tales**
4.45 **This Farming Life**
6.00 **Country House Auction**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **Lake District Rescue** The Wasdale Mountain Rescue Team help a man with a dislocated shoulder at the Eskdale Pools.
10.00 **FILM Permissive** Drama starring Maggie Stride. (1970, 18, 88min) ★★★
12.00 M'T **FILM Zeta One** Sci-fi comedy adventure. (1969, 18, 86min) ★★
1.45 AM **Musketeer**
2.00 **Lake District Rescue**
3.00 **Love Your Garden**
4.00 **to 5.00** **Country House Auction**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge** (S1)
10.30 **The Upper Hand** (S1)
11.00 **The Gaffer** 4/6. (S1)
11.30 **Only When I Laugh**
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company** (S2)
1.30 **Agony** 1/7. (S2)
2.00 **Second Thoughts** (S3)
2.30 **The Gaffer** 4/6. (S1)
3.00 **Only When I Laugh**
3.30 **Randall and Hopkirk...**
4.30 **Old Country** (S2)
5.00 **Stereo Underground**
6.00 **Danger Man** (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase** (S1)
8.30 **Randall and Hopkirk (Deceased)** 13/26. (S1)
9.30 **The New Statesman**
10.00 **FILM The Beach Girls** Comedy. (1982, 18) ★
11.55 **FILM Confessions of a Sex Maniac** Comedy. (1974, 18, 78min) ★★
1.30 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Unexplained and Unexplored**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Poseidon crew receive devastating news about their permits. **8.00** A crew are accused of illegal prospecting.
9.00 **Gold Divers** The Kellys wait for a game-changing piece of gold mining equipment to arrive. **10.00** Shawn and Zeke risk ice missions.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's French Adventure**
7.00 **Hairy Bikers Go Local**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Comfort Food**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go Local**
4.00 **Jamie's Comfort Food**
5.00 **The Pioneer Woman**
6.00 **James Martin's Islands to Highlands** Exploring Northern Ireland.
7.00 **Great British Bake Off**
9.00 **Jamie Cooks Italy**
10.00 **Chopped Castaways** New edition The contest's remaining 11 chefs must dig up their basket ingredients.
11.30 **Diners, Drive-Ins and Dives** Triple bill.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 12/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 6/22. (S3)
11.00 **FILM Age of the Dragons** Action fantasy inspired by *Moby Dick*. (2010, 12, 90min) ★
1.00 PM **FILM Gunsmoke: To the Last Man** Western. (1992, PG, 91min) ★★
3.00 **FILM Law of the Lawless** Western. (1963, 15, 88min) ★
5.00 **Star Trek** 19/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 7/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Money Train** Action comedy starring Wesley Snipes. (1995, 18, 110min) ★★
11.20 **FILM The Hard Way** Action comedy. (1991, 15, 111min) ★★★
1.35 **to 4.55** AM **FILM The Deer Hunter** Epic drama. (1978, 18, 183min) ★★★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **FILM Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
11.00 **Andromeda** 21/22. (S4)
12.00 NOON **FILM The People That Time Forgot** Fantasy. (1977, U) ★★
2.00 PM **FILM Troy: The Odyssey** Fantasy. (2017, PG, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 **The Poseidon Adventure** 1&2/4.
7.00 **Andromeda** 22/22. (S4)
8.00 **The A-Team** 16/25. (S3)
9.00 **FILM The Wild Geese** Adventure starring Richard Burton. (1978, 15, 134min) ★★★★
11.45 **FILM The Football Factory** Violent drama. (2004, 18, 91min) ★
1.40 AM **FILM Age of Kill** Thriller with Martin Kemp. (2015, 15, 82min) ★★
3.20 **The Poseidon Adventure** 1&2/4.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** The team head to Loughborough.
6.45 **Pawn Stars Do America** Valley Forge.
7.30 **Storage Wars Canada**
8.25 **Storage Hunters**
9.20 **Storage Wars**
1.05 PM **Pawn Stars Do America** Valley Forge.
2.05 **Money for Nothing**
3.05 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Junk & Disorderly: Henry's Wreck-trospective**
7.00 **Dickinson's Real Deal**
9.00 **Death Coast**
11.00 **Mega Disasters**
12.00 M'T **History's Most Shocking** Documentary
1.00 AM **Evidence of the Unexplained**
2.00 **Court Cam** Double bill.
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
11.00 **All Creatures Great and Small** 2/7. (S6)
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Somerset: Wonder of the West Country**
6.00 **Abandoned Engineering**
7.00 **Ben Fogle: New Lives in the Wild** An American family who became missionaries in Mongolia. **8.00** The host travels to the Appalachian mountains to live with a forest dweller.
9.00 **The Mighty Mississippi with Nick Knowles** The presenter travels along the American river. **10.00** Nick visits Memphis, Jackson and New Orleans.
11.00 **Prisoner: Cell Block H**
1.05 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Abandoned Engineering**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Celebrity Chase**
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Fiona Phillips.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** With Arlene Phillips.
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** A *Good Morning Britain* special.
8.00 **Beat the Chasers**
9.00 **The Chase** Quiz show
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 1/24. Leonard and Amy travel to Arizona to pick up Sheldon. (S8)
9.00 **The Bad Skin Clinic** Dr Emma Craythorne treats Roger's gout and Amanda's lipoma.
10.00 **The Bad Skin Clinic** Dr Emma examines the mystery growths on Chris's scalp.
11.00 **Dr Pimple Popper**
12.00 M'T **The Middle**
1.30 AM **Dr Pimple Popper**
2.30 **My 600lb Life**
4.30 **Say Yes to the Dress: UK** Steam punk bride Julia looks for a dress.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **The Upper Hand**
9.00 **Everybody Loves Raymond** 10-13/23. (S8)
11.00 **Sabrina the Teenage Witch** 5-8/24. (S1)
1.00 PM **Friends** (S3)
8.00 **Friends** 5/25. Rachel and Ross take a break from each other. **8.30** 16/25. Rachel discovers Ross's infidelity. (S3)
9.00 **FILM True Lies** Action comedy adventure starring Arnold Schwarzenegger. (1994, 15, 141min) ★★★★
11.45 **Iain Stirling's Roast the Internet**
12.45 AM **Whose Line Is It Anyway? USA**
1.45 **South Park** (S9)
2.45 **Michael McIntyre: Hello Wembley!**
3.30 **Russell Howard: Wonderbox**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 6&7/24. (S8)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Spin City** 4&5/24. (S1)
11.00 **Friends** (S5&6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Everybody Loves Raymond** (S8)
6.00 **The Upper Hand** (S2)
7.00 **Sabrina the Teenage Witch** 5-8/24. (S1)
9.00 **Rhod Gilbert's Growing Pains** With Asim Chaudry, Ellie Taylor and Oti Mabuse.
10.00 **Friends** 23/24. Phoebe catches chickenpox. Guest stars Charlie Sheen. (S2)
10.30 **Friends** (S2&3)
1.00 **8 Out of 10 Cats Uncut**
1.55 **Most Ridiculous**
2.55 **Spin City** 4&5/24. (S1)
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

56 42

8.00 AM **Highlights**
10.15 **Bread** 3/10. (S8)
10.50 **Steptoe and Son** (S3)
11.20 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 3/7. (S3)
12.30 PM **Man About the...**
1.05 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 7/13. Drama. (S1)
2.45 **Minder** 3/10. (S5)
3.50 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Bread** 3/10. (S8)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 2/7. (S3)
6.50 **Steptoe and Son** (S3)
7.25 **Whatever Happened to the Likely Lads?** (S1)
8.00 **Minder** 11/13. (S2)
9.00 **Benidorm** 2/9. (S10)
9.55 **Shameless** 16/16. (S6)
11.10 **Man About the House**
11.35 **Mind Your Language**
12.05 AM **Benidorm** (S10)
1.05 **Minder** 2/6. (S7)
2.05 **Duty Free** 5/7. (S3)
2.30 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 7/13. (S2)
6.20 **Teen Mom 2: From The Beginning**
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Catfish: The TV Show**
10.00 **Judge Judy**
12.00 NOON **Charmed**
2.00 PM **Catfish: Troublemakers**
3.00 **Judge Judy**
5.00 **Charmed** 13&14/22. (S1)
7.00 **Teen Mom: The Next Chapter** The mums dive into the biggest moments of the season.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Just Tattoo of Us** Bobby Norris and Charlie find out how well they know each other.
10.00 **Tattoo Fixers**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Aquarium**
9.00 **Gold Rush**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series including:
4.30 A look at how bumpers, candy canes, lighting gels and camera filters are made.
5.00 **Alaska: Homestead Rescue** A young couple struggle to keep their homestead afloat in torrential Texas weather.

9.00 Deadliest Catch

7.00 **Wheeler Dealers** The duo want to tackle something eco-friendly, so Mike tracks down a 1977 Honda CVCC.

8.00 **Wheeler Dealers** Mike heads to Sonoma County where he meets his first hipster and her classic Chevy LUV truck.

9.00 **Deadliest Catch** New edition As Arctic ice wreaks havoc on the fishing grounds, Rick risks losing a fortune in pots.

10.00 **In the Eye of the Storm** New edition Hurricane Idalia's 12ft storm surge sweeps away Gulf Coast neighbourhoods.

11.00 **Expedition X** Phil and Heather deploy hi-tech gear to investigate strange lights in Norway's Hessdalen Valley.
12.00 M'T **Deadliest Catch**
2.00 AM **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked**
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** Double bill.
5.00 **Lone Star Law** Wardens question a group of hunters who are suspected of trespassing and theft.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and his team work on a golden retriever that has suffered a broken leg.

9.00 Alaska: The Last Frontier

7.00 **Treehouse Masters: Out on a Limb** Pete Nelson creates a Kenyan-inspired circular hut treehouse in Washington State.

8.00 **The Pool Master** Anthony and the crew set out to build a backyard retreat in the heart of the Wine Country, California.

9.00 **Alaska: The Last Frontier** Atz Lee and Jane attempt to teach the next generation of Kilchers how to fish. .

10.00 **Alaskan Bush People** The Browns and secure resources as they progress with their plan to build a self-sustaining town.

11.00 **Mountain Monsters** Hunters target a wampus cat.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Air Jaws: Back from the Dead** Documentary.
2.00 **Treehouse Masters: Out on a Limb** As shown at 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering by Catastrophe**
11.00 **Car S.O.S** A Citroën HY Van.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Hitler: The Lost Tapes of the Third Reich** Documentary.
3.00 **Inside the SS**
4.00 **Lost Treasures of Ancient Greece** The truth behind the legend of the Trojan War.
5.00 **Venice's Lost Empire: Drain the Oceans**
6.00 **Planes that Changed History** A look at the F117 Nighthawk.

10.00 Disaster Autopsy

7.00 **Air Crash Investigation** The case of a plane that crashed three miles from a runway, killing five of the eight people on board.

8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend revive a Land Rover Discovery Series 1, which is a beloved family heirloom.

9.00 **Car S.O.S** Tim and Fuzz come to the rescue of a Willys Jeep owned by a World War Two veteran.

10.00 **Disaster Autopsy** Recreations of real-life disasters, using analysis to uncover the factors behind the tragedies.

11.00 **Air Crash Investigation** A collision between two planes in the skies above Los Angeles in August 1986.
12.00 M'T **Amsterdam Central 24/7**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

Sky History

123/124 115/116 131 353 368

6.00 AM **Close Encounters**
6.30 **Digging for Britain**
9.15 **Pawn Stars**
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **Ice Road Truckers**
1.00 PM **History's Greatest Machines with Dolph Lundgren** As 9.00pm.
2.00 **Greatest Prison Escapes with Billy Hayes** Four editions.
6.00 **American Pickers** The Wolfe Brothers explore a massive, fortress-like warehouse in the Pacific Northwest.

9.00 History's Greatest Machines

7.00 **Forged in Fire** Four teams of expert builders are tasked with making some of the largest and most notorious siege weapons ever seen on the battlefield.

9.00 **History's Greatest Machines with Dolph Lundgren** New edition The actor gets up close inside legendary giants.

10.00 **Prison Chronicles** The history of Dannemora prison in New York.
10.30 The history of San Quentin prison.

11.00 **Original Gangsters with Sean Bean** The actor shines the spotlight on Al Capone.
12.00 M'T **Greatest Prison Escapes with Billy Hayes** Triple bill.
2.50 AM **History's Greatest Machines with Dolph Lundgren** As 9.00pm.
3.40 **Pawn Stars**
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Michael Keaton**
8.00 **The Directors**
9.00 **Stax: Soulsville USA**
10.00 **The Story of Late Night**
10.55 **Celtics City**
12.00 NOON **Dettori**
2.10 PM **QPR: The Four Year Plan**
4.00 **The Directors** The life and work of Steven Soderbergh.
5.00 **Discovering: Michael Keaton**
6.00 **I Am Patrick Swayze** A tribute to the American actor, known for his roles in hits like *Dirty Dancing* and *Ghost*.

8.00 Mind Over Murder

7.50 **My Icon: Casey Stoney** The football coach and former England captain discusses the individuals that have inspired her.

8.00 **Mind Over Murder** 4/6. In 2008, new DNA evidence opens a decades-old wound in Helen Wilson's case.

9.00 **Mind Over Murder** 5/6. New information comes to light about coercive interrogations.

10.05 **Mind Over Murder** 6/6. The townsfolk of Beatrice grapple with the fallout of a miscarriage of justice.

11.10 **Schmeichel** Documentary profile of the ex-Manchester United and Denmark goalkeeper Peter Schmeichel.
1.00 AM **Italia 90: Four Weeks That Changed the World** 1-3/3. The story of the 1990 World Cup tournament.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Michael Keaton**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Drive It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Ant Anstead: Born Mechanic** Ant heads to Scotland for a 1964 Mark 1 Cortina.
9.00 **Johnny Vegas' Little Shop of Antiques** New edition
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Faking It: Tears of a Crime** Ian Stewart.
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** The case of Darrell Simester.
8.00 **Murder on CCTV**
10.00 **Body Cam** New editions A shoot-out leaves a police officer injured.
11.00 A robbery leads to a high-speed chase.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** The murder of Steven Donaldson.
8.00 **UK Crime Files: Body in the Bag** The crimes of killer Malcolm Green.
9.00 **UK Crime Files: World's End Murders** The story of two teens who vanished after leaving a pub in 1977.
10.00 **Murder UK** The death of Suzanne Van Hagen.
11.00 **Secrets of a Murder Detective** The murder of Mohammed Ashad.
12.00 M'T **UK Crime Files: Body in the Bag**
1.00 AM **UK Crime Files: World's End Murders**
2.00 **Murder UK**
3.00 **Britain's Countryside Killers** See 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Murderous Bigamist**
9.55 **UK Crime Files: Dating App Murder**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 **UK Crime Files: Child Killers** Documentary.
3.00 **UK Crime Files: Murder of the Secret Millionaire**
4.00 **Killers: Caught on Camera** Documentary.
5.00 **Medical Detectives** A man suspected of poisoning his girlfriend.
5.30 The case of a Sunday school teacher.
6.00 A case involving an abandoned car.
6.30 The death of a US minister's wife.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Law & Disorder** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **The Force: Manchester**
11.00 **Caught on Dashcam**
12.00 NOON **Catching the...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Britain's Most Evil Killers**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **World's Most Notorious Killers**
10.45 **How I Caught the Killer**
11.50 **Killer in My Village**
12.55 AM **Catching the Killer**
2.00 **Murder Nation** New edition A couple are found dead in Alaska.
3.00 **Stop, Search, Seize**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **World of Stonehenge**
9.20 **The Stuarts**
10.35 **Franco: Last Inquisitor**
11.50 **The Truth About Franco: Spain's Forgotten Dictatorship**
1.00 PM **Weathered: Earth's Extremes**
1.35 **World of Stonehenge**
2.45 **The Stuarts**
3.55 **Franco: Last Inquisitor**
5.05 **The Truth About Franco: Spain's Forgotten Dictatorship**
6.15 **World of Stonehenge** The origins of Britain.
7.20 **The Stuarts** A look at the impact of the Wars of the Three Kingdoms.
8.30 **Franco: Last Inquisitor**
9.45 **The Truth About Franco: Spain's Forgotten Dictatorship**
10.55 **The Stuarts**
12.00 M'T **Franco: Last Inquisitor** Documentary.
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

TUESDAY

Tuesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Great Parks of Africa**
7.00 **Monkey Life** Double bill.
8.00 **Tales from Zambia**
9.00 **Shark Squad**
10.00 **Gangs of Baboon Falls**
11.00 **Nomads of the Serengeti**
12.00 NOON **Secrets of the Enchanted Forests**
1.00 PM **Monkey Life**
2.00 **Tales from Zambia**
3.00 **Shark Squad**
4.00 **Gangs of Baboon Falls**
5.00 **Nomads of the Serengeti**
6.00 **Secrets of the Enchanted Forests** Diverse woodlands.
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall**
9.00 **Age of the Big Cats** How lions conquered the world.
10.00 **Secrets of the Enchanted Forests** Diverse woodlands.
11.00 **Nomads of the Serengeti**
12.00 M'T **Rooted** A sausage tree.
1.00 AM **Great Parks of Africa**
2.00 **Whale with Steve Backshall**
3.00 **Age of the Big Cats**
4.00 **Tales from Zambia**
5.00 **to 6.00** AM **Shark Squad**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Nostradamus Effect**
9.00 **History of Weapons**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Commando Missions**
5.00 **WW2 Air Crash Detectives**
6.00 **Mystery Places**
7.00 **Alien Files: Unsealed** Theories that suggest Hitler was influenced by aliens.
8.00 **History of Weapons** Experts take a look at the weapons dominating from the skies.
9.00 **Dark Marvels: Killing Machines** The deadly weapons that rain destruction and spread fear on the battlefield.
10.00 **Secrets of the Hells Angels** The bikers use Angel wannabes to do their dirty work.
11.00 **Ancient Aliens** Evidence of aliens at holy sites.
12.00 M'T Exploring stories of a gateway to another universe.
1.00 AM **Alien Files: Unsealed**
2.00 **Commando Missions**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Extreme Engineering**
1.00 PM **Blowing Up History**
3.00 **How It's Made**
3.30 **Above and Beyond: NASA's Journey to Tomorrow**
5.00 **How the Universe Works**
6.00 **How It's Made: Dream Cars** Creating the Jaguar F-Type.
6.30 A look at the Bentley Continental GT Speed.
7.00 The inner workings of the Alfa Romeo 4C.
7.30 The crew visit the birthplace of the Pagani Huayra.
8.00 Visiting the birthplace of the Caterham Seven.
8.30 The Bugatti Veyron.
9.00 **Richard Hammond's Big**
10.00 **Incredible Engineering Blunders: Fixed**
11.00 **You Have Been Warned**
1.00 AM **How It's Made**
1.30 **Above and Beyond: NASA's Journey to Tomorrow**
3.00 **How the Universe Works**
4.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law** Documentary.
10.00 **My Strange Arrest**
10.30 **Court Cam** True-crime.
11.00 **Killer Britain with Dermot Murnaghan** Triple bill.
2.00 PM **Green Eyed Killers**
3.00 NEW SERIES **Killer Investigations** A hairdresser is found stabbed to death.
4.00 New editions Hunters come across the body of a woman in the Georgia woods.
5.00 A woman is discovered dead in her bathtub.
6.00 **Homicide Hunter** A woman is found shot through the heart.
7.00 **The First 48**
8.00 **Green Eyed Killers**
9.00 **Murder in the Goldfields**
11.15 **Check-In to Murder**
12.10 AM **Britain's Darkest Taboos**
1.05 **The Real Murders of Atlanta**
2.00 **On the Case with Paula Zahn**
3.00 **Killer Investigations**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Wild Hunters**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Surfing Hippos: Gabon's Beach Jungle**
3.00 **Death at the River**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet** Double bill.
7.00 **Secrets of the Zoo** A sloth bear is ready to find a mate.
8.00 **Legends of Venom** Exploring the slippery world of the cobra.
9.00 Following vipers, a snake family as diverse as the challenges they face.
10.00 **When Sharks Attack** A spate of seven shark attacks rocks Florida's Treasure Coast.
11.00 **Inside Airport Lost & Found**
12.00 M'T **Africa's Deadliest**
1.00 AM **Alaska Fish Wars**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet** Dr Oakley treats a formerly-wild mustang.
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **Blowing Up History**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Blowing Up History** Experts gain access to investigate lost tombs and forgotten rituals.
9.00 **Paranormal Declassified** Paul Beban investigates a surge in demonic activity in America.
10.00 **How Do They Do It?** The creation of fire gloves used by emergency services personnel.
10.30 How islanders of the Outer Hebrides use pedal power to weave Harris tweed.
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Inside the Ambulance**
5.00 PM **Rise of the Nazis: Dictators at War**
6.00 **Rise of the Nazis: The Downfall** The actions of Hitler and his inner circle as the Third Reich faced collapse.
7.00 Hitler permanently retreats to his bunker.
8.00 The disintegration of the Nazi regime.
9.00 **Rise of the Nazis: The Manhunt** The hunt to capture the highest-ranking Nazis.
10.00 **Rise of the Nazis: Dictators at War** How Hitler faced defeat on the Eastern Front.
11.00 **Rise of the Nazis: The Downfall** Double bill.
2.00 AM **Rise of the Nazis: The Manhunt** As 9.00pm.
3.00 **Rise of the Nazis: Dictators at War** As shown at 10.00pm.
3.50 **Rise of the Nazis: The Downfall**
4.40 **Rise of the Nazis: Dictators at War** As shown at 10.00pm.
5.30 **to 6.00** AM **Fred Dibnah's Age of Steam**

+1hour 266 376

ID

154 140 166

8.00 AM **The Perfect Murder**
12.00 NOON **Faking It: Tears of a Crime** The cases of Shafilea Ahmed and Gordon Wardell.
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Diabolical: Deadly Love**
7.00 **Deadline: Crime with Tamron Hall** A wave of late-night sexual assaults in Phoenix.
8.00 When Jamey Walker is kidnapped and murdered in the spring of 1981, her mother Eleanor dedicates the rest of her life to finding the killer.
9.00 **Evil Lives Here: The Killer Speaks** A daughter lives in constant fear of her father's sudden outbursts.
10.00 **The Killer in My Family** Peter Wyatt opens up about his violent brother-in-law, Lee Ford.
11.00 **On the Case with Paula Zahn** A young mother is murdered.
12.00 M'T **Lethally Blonde**
2.00 AM **Diabolical: Deadly Love**
4.00 **to 6.00** AM **Deadline: Crime with Tamron Hall**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers** Double bill.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **G.A.S. Extreme Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Locals in Virginia compete.
9.00 **Mike Brewer: Born Dealer** A visit to a car show inspires Mike to organise his own event.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Workshop** Richard must come up with a plan to raise funds.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

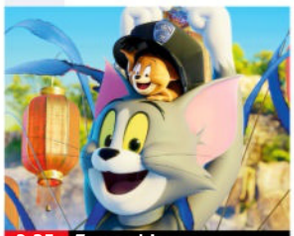
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.45 AM **Tom and Jerry: Forbidden Compass** (2025)
8.35 **Signal One** Sci-fi thriller. (2026, 15, 87min) ★★★★
10.15 **Mortal Kombat II** Fantasy. (2024, 15, 116min) ★★★
12.20 PM **Hamnet** As 8.00pm.
2.35 **Tom and Jerry: Forbidden Compass** Animated family adventure. (2025, PG, 104min)
4.20 **Seven Snipers** 11.50pm.
6.00 **Heretic** Mystery horror. (2024, 15, 111min) ★★★★



2.35 Tom and Jerry

8.00 Hamnet Period drama starring Paul Mescal and Jessie Buckley. After losing their son to plague, Agnes and William Shakespeare grapple with grief. With Emily Watson, Joe Alwyn, Jacobi Jupe and Noah Jupe. (2025, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Normal Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Seven Snipers** Action thriller starring Radha Mitchell. (2025, 15, 87min) ★★★
1.35 AM **Signal One** As 8.35am.
3.20 **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91min)
5.00 **to 6.40** AM **Love Me** Drama starring Kristen Stewart. (2025, 15, 91min) ★★★

Sky Cinema Box Set

303 303 403 503 517

6.00 AM **Stuart Little** As 5.45am.
7.30 **Stuart Little 2** (2002) ★★★★
9.00 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
10.40 **Look Who's Talking Too** Comedy sequel. (1990, 12) ★
12.20 PM **Look Who's Talking Now** Comedy sequel. (1993, 12) ★
2.00 **Annie** Musical. (1982, U) ★★★
4.10 **Annie** Musical remake. (2014, PG, 115min) ★★★
6.10 **Mamma Mia!** Musical comedy. (2008, PG, 108min) ★★★★

6.10 Mamma Mia!

8.00 Mamma Mia! Here We Go Again ABBA-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. With Hugh Skinner. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 American Pie Comedy starring Jason Biggs. A group of friends pledge to lose their virginity before the school prom. (1999, 15, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **American Pie 2** Comedy. (2001, 15, 106min) ★★★
1.40 AM **American Pie: The Wedding** Teen comedy sequel. (2003, 15, 96min) ★
3.25 **American Reunion** Comedy sequel. (2012, 15, 108min) ★★
5.30 **Cinema List: Epic Storytelling**
5.45 **to 7.15** AM **Stuart Little** Children's fantasy adventure. (1999, U, 84min) ★★★★★

Sky Cinema Drama

310 310 410 510 524

7.10 AM **Wish You Were Here**
9.05 **The Room Next Door** Drama. (2024, 12, 102min) ★★★★
11.05 **Girl You Know It's True** (2023)
1.20 PM **Grease** As 10.25pm.
3.20 **Nuremberg** Thriller starring Russell Crowe and Rami Malek. (2025, 15, 148min) ★★★★★
5.50 **Hamnet** Period drama starring Paul Mescal and Jessie Buckley. (2025, 12, 125min) ★★★★

8.00 Catch Me If You Can Steven Spielberg's fact-based crime adventure starring Leonardo DiCaprio and Tom Hanks. In the 1960s, a runaway teenager enjoys a remarkable crime spree, passing himself off as a pilot, a doctor and a lawyer, and cashing millions of dollars in fraudulent cheques. (2002, 12, 141min) ★★★★★
10.25 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★

12.20 AM **Hamnet** As 5.50pm.
2.35 **Wish You Were Here** Drama, starring Isabelle Fuhrman, Mena Massoud and Jennifer Grey. (2025, 12, 99min) ★★★
4.20 **to 6.00** AM **Widow Clicquot** Drama starring Haley Bennett. (2023, 15, 90min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.25 AM **Pet Sematary** Horror. (2019, 15, 101min) ★★★
9.15 **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
11.15 **Interstellar** Sci-fi adventure. (2014, 12, 166min) ★★★★
2.05 PM **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
3.50 **Annabelle: Creation** Horror starring Anthony LaPaglia. (2017, 15, 109min) ★★★

5.45 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
8.00 Assassin's Creed Adventure starring Michael Fassbender, Marion Cotillard, Jeremy Irons and Brendan Gleeson. (2017, 15, 135min) ★★★★
10.10 **The Crazies** Horror thriller starring Timothy Olyphant and Radha Mitchell. Three locals set out to find a safe haven when the residents of their small town turn into homicidal maniacs. (2010, 15, 101min) ★★★★

11.55 **Black Phone 2** Horror thriller sequel starring Ethan Hawke. (2025, 18, 114min) ★★★★
1.55 AM **Lee Cronin's The Mummy** Horror. (2026, 18, 134min) ★★★
4.20 **The Cinema List: Fear Seekers**
4.35 **to 6.30** AM **Until Dawn** Horror. (2025, 15, 99min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.50 AM **Trolls** As 2.35pm.
8.25 **Charlotte's Web** Adventure. (2006, U, 97min) ★★★
10.05 **Ghostbusters: Afterlife** Comedy. (2021, 12) ★★★★
12.10 PM **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★
2.35 **Trolls** Animated musical. (2016, U, 92min) ★★★
4.10 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
6.00 **The Smurfs** Adventure. (2011, U, 103min) ★★

9.35 The Portable Door

7.45 **The Smurfs 2** Family adventure sequel starring Hank Azaria. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **The Portable Door** Fantasy adventure starring Christoph Waltz and Sam Neill. Two interns discover the true agenda of the corporation where they work. (2023, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Grow** Comedy starring Nick Frost and Golda Rosheuvel. (2025, PG, 107min) ★★★★
1.25 AM **Zoo** Family drama starring Toby Jones and Art Parkinson. (2018, PG, 97min) ★★★
3.05 **Bookworm** Comedy starring Elijah Wood and Nell Fisher. (2024, 12, 103min) ★★★★
5.00 **to 6.50** AM **Karate Kid: Legends** Martial arts drama sequel starring Jackie Chan. (2025, 12, 94min) ★★★

Sky Cinema Action

306 306 407 507 521

7.35 AM **First Knight** As 4.25am.
9.50 **S.W.A.T.** Action thriller. (2003, 12, 115min) ★★★
11.50 **Jurassic World: Rebirth** Fantasy with Scarlett Johansson. (2025, 12, 133min) ★★★
2.10 PM **Green Lantern** Adventure. (2011, 12, 114min) ★★
4.15 **Normal** Action comedy. (2026, 15, 91 min) ★★★★
5.50 **Demolition Man** Sci-fi thriller starring Sylvester Stallone. (1993, 15, 114min) ★★★

10.35 Dragged Across Concrete

8.00 **Aquaman** Superhero adventure starring Jason Momoa, Amber Heard and Willem Dafoe. The human-born heir to the kingdom of Atlantis embarks on a quest to prevent a war between the worlds of ocean and land. With Patrick Wilson. (2018, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

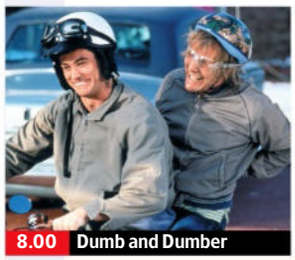
10.35 **Dragged Across Concrete** Crime drama starring Mel Gibson and Vince Vaughn. Two overzealous cops get suspended, forcing them to delve into the criminal underworld to get compensation. (2018, 18, 158min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 AM **The Mummy Returns** Fantasy adventure sequel. (2001, 12, 129min) ★★★★
3.25 **Sky Cinema Preview**
4.25 **to 6.40** AM **First Knight** Romantic mythical drama. (1995, PG, 134min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.00 AM **The Death of Stalin** Satire. (2017, 15) ★★★★
8.55 **Weird Science** (1985, 12) ★★★
10.35 **Seven Psychopaths** Comedy. (2012, 15, 106min) ★★★★
12.35 PM **So I Married an Axe Murderer** (1993, 15) ★★★
2.20 **Yesterday** (2019, 12) ★★★
4.20 **See No Evil, Hear No Evil** Comedy. (1989, 15) ★★★
6.20 **Anchorman: The Legend of Ron Burgundy** Comedy. (2004, 12, 94min) ★★★★



8.00 Dumb and Dumber

8.00 **Dumb and Dumber** Comedy starring Jim Carrey, Jeff Daniels and Lauren Holly. Two nerdy friends embark on a cross-country journey to return a beautiful woman's briefcase. (1994, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Dumb and Dumberer: When Harry Met Lloyd** Comedy prequel starring Eric Christian Olsen and Derek Richardson. (2003, 12, 85min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
12.50 AM **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
2.30 **Arthur** Romantic comedy. (1981, 15, 93min) ★★★★
4.10 **Anchorman: The Legend of Ron Burgundy** As 6.20pm.
5.45 **to 7.20** AM **Honey Don't!** Comedy. (2025, 15) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.35 AM **Cellular** Crime thriller. (2004, 15, 94min) ★★★
9.20 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
11.25 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
1.35 PM **Bourne Supremacy** Espionage thriller sequel. (2004, 12, 108min) ★★★★
3.30 **Bourne Ultimatum** Thriller. (2007, 12, 115min) ★★★★
5.35 **The Bourne Legacy** Thriller. (2012, 12, 129min) ★★★

8.00 Black Bag

8.00 **Black Bag** Espionage thriller starring Michael Fassbender and Cate Blanchett. When a spy is suspected of treason, her husband faces the ultimate test. (2024, 15, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

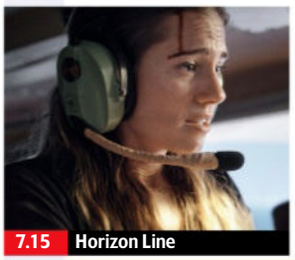
9.45 **Lethal Weapon 2** Action comedy thriller sequel starring Mel Gibson and Danny Glover as hard-hitting LA cops on the trail of a murderous South African drug trafficker. (1989, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Along Came a Spider** Crime thriller with Morgan Freeman. (2001, 15, 103min) ★★★
1.45 AM **Murder by Numbers** Crime thriller starring Sandra Bullock and Ryan Gosling. (2002, 15, 120min) ★★★
3.50 **Caddo Lake** Horror thriller. (2024, 12, 99min) ★★★
5.40 **to 6.00** AM **The Cinema List: Musician Actors**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Kid Who Would Be King** Fantasy adventure. (2019, PG, 120min) ★★★
1.20 PM **The Woodlanders** Period drama. (1997, U, 97min) ★★★
3.15 **Shenandoah** Western. (1965, PG, 101min) ★★★★
5.20 **The Lost World** Fantasy. (1960, PG, 98min) ★★
7.15 **Horizon Line** Survival thriller starring Allison Williams. (2020, 15, 91 min) ★★



7.15 Horizon Line

Horizon Line (film started at 7.15pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **65** Sci-fi adventure starring Adam Driver and Ariana Greenblatt. When an astronaut crashes on a mysterious planet, he fights for survival amidst the deadly wildlife. (2023, 12, 93min) ★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Woman King** Historical drama starring Viola Davis. An all-female group of warriors try to protect the West African kingdom of Dahomey. (2022, 15, 135min) ★★★★ **10 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

1.30 **to 3.35** AM **Ravenous** Dark horror comedy starring Guy Pearce and Robert Carlyle. (1998, 18, 101 min) ★★★ **11 PM**

+1 hour 314 430 47 301 257

Sky Cinema Animation

302 302 402 502 516

6.25 AM **The Wild Thornberrys Movie** As shown at 3.30am.
7.55 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG, 88min) ★★★
9.25 **Epic Tails** Animated adventure. (2022, U, 95min) ★★★
11.05 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
12.45 PM **Shark Tale** Animation. (2004, U, 90min) ★★★★

2.25 **Antz** Animated comedy. (1998, PG, 83min) ★★★
4.00 **How to Train Your Dragon 2** Animated adventure sequel. (2014, PG, 102min) ★★★★
5.45 **The Lego Ninjago Movie** Animated family adventure. (2017, U, 101 min) ★★
7.30 **Angry Birds Movie** Animation. (2016, U, 97min) ★★★
9.10 **Angry Birds Movie 2** Animated sequel. (2019, U, 93min) ★★★
10.50 **10 Lives** Animated comedy. (2024, U, 98min) ★★★

12.20 AM **Fireheart** Animation. (2022, U, 92min) ★★★
1.55 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★★
3.30 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

307 307 404 504 518

6.20 AM **Kingpin** As 11.55am.
8.15 **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★
9.55 **Boomerang** Romantic comedy. (1992, 15, 117min) ★★
11.55 **Kingpin** Crude comedy. (1996, 12, 114min) ★★★
1.50 PM **Notting Hill** Comedy. (1999, 15, 120min) ★★★★
4.00 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★

6.00 **Escape to Victory** World War Two drama starring Sylvester Stallone. (1981, PG, 111 min) ★★★
8.00 **A League of Their Own** Comedy drama with Tom Hanks, Geena Davis and Madonna. (1992, PG, 124min) ★★★★
10.10 **The Bodyguard** Romantic thriller with Kevin Costner and Whitney Houston. A professional bodyguard falls in love with the superstar singer-actor he has been assigned to protect. (1992, 15, 129min) ★★★

12.20 AM **Terms of Endearment** Drama with Shirley MacLaine. (1983, 15, 132min) ★★★★★
2.35 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
4.55 **to 6.40** AM **Peggy Sue Got Married** Romantic comedy. (1986, 15, 104min) ★★★★

Disney+ Cinema

305 305

6.00 AM **Brave** Animated adventure. (2012, PG, 93min) ★★★★
7.40 **Hercules** Animated musical. (1997, U, 92min) ★★★★
9.15 **Pocahontas** Animation. (1995, U, 81 min) ★★★
10.40 **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
12.30 PM **Monsters, Inc** Animation with the voice of Billy Crystal. (2001, U, 95min) ★★★★★

2.05 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
3.50 **The Little Mermaid** Animation. (1989, U, 87min) ★★★★★
5.15 **The Lion King** Animation. (2019, PG, 118min) ★★★
6.45 **Mary Poppins Returns** Musical. (2018, U, 130min) ★★★★
9.00 **Dodgeball: A True Underdog Story** Comedy starring Vince Vaughn and Ben Stiller. (2004, 12, 92min) ★★★★
10.35 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★

12.05 AM **Nightbitch** Dark comedy starring Amy Adams and Scoot McNairy. (2024, 15, 99min) ★★★
1.50 **Bad Company** Comedy thriller. (2002, 12, 112min) ★★★
3.50 **to 6.00** AM **National Treasure** Adventure with Nicolas Cage. (2004, PG, 131 min) ★★★★

Movies 24

312 313 419

7.00 AM **Lost In Paradise** Romantic drama. (2026, PG, 84min) ★★
9.00 **To All a Good Night** Romantic drama. (2023, PG, 90min) ★★
11.00 **Heartstrings Attached** Drama. (2024, PG, 90min) ★★
1.00 PM **Kentucky Roses** Romantic drama. (2026, PG, 90min) ★★
3.00 **Blind Date Book Club** Romantic drama starring Erin Krakow. (2024, PG, 90min) ★★

5.00 **Romance at Hope Ranch** Drama. (2026, PG, 84min) ★★
7.00 **A Melbourne Match** Romantic drama starring Mallory Jansen. (2026, PG, 90min) ★★
9.00 **The Royal We** Romantic comedy drama starring Mallory Jansen and Charlie Carrick. A princess who has abandoned her royal position faces the prospect of an arranged marriage. (2025, PG, 84min) ★★
11.00 **Love's Fast Lane** Romantic drama. (2023, PG, 90min) ★★

1.00 AM **Falling In Love In Niagara** Drama starring Jocelyn Hudon. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Season's Greetings from Cherry Lane** Drama sequel. (2024, PG, 84min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **To Have and to Hold** Drama. (1950, b/w, PG, 63min) ★★
7.15 **Now Barabbas Was a Robber** Drama. (1949, b/w, PG) ★★
9.00 **The Love Match** Comedy. (1955, b/w, U, 85min) ★★
10.45 **The Strange Love of Martha Ivers** Romantic melodrama. (1946, b/w, PG, 117min) ★★★★
1.00 PM **The Adventures of William Tell** 23/39. (S1)

1.35 **Green for Danger** Comedy. (1946, b/w, PG, 91 min) ★★★★
3.25 **What's on TPTV with Noel**
3.35 **The Bespoke Overcoat**
4.20 **The Gentle Sex** War drama. (1943, b/w, U, 93min) ★★★
6.10 **Look at Life** Documentary.
6.25 **Whiplash** 28/34. (S1)
6.55 **The Man from UNCLE** (S2)
7.55 **Buccaneer** 5/13. (S1)
9.00 **A Dandy in Aspic** Espionage thriller starring Laurence Harvey. (1968, PG, 107min) ★★
11.10 **Fortean TV**

11.45 **Legend of the Witches**
1.25 AM **At War with the Army** Comedy. (1950, b/w, U) ★
3.15 **Tales of Frankenstein**
3.50 **Look at Life** Documentary.
4.00 **Target: The Corruptors** (S1)
5.00 **to 6.00** AM **The Man from UNCLE**

TUESDAY Sport 18 August

Tuesday

Sky Sports Main Event

401 401 501 419 439

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 11.30 **Transfer 360**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Lunchtime Live**
- 2.00 **The World Football Show**
- 2.30 **Transfer 360**
- 3.00 **Sports Desk**
- 4.00 LIVE **WTA & ATP Tennis** Coverage of day six of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio.
- 7.30 LIVE **Super League Hull Kingston Rovers v Warrington Wolves.** Coverage of the top-flight match staged at Sewell Group Craven Park Stadium. Rovers have not yet hit the heights of last season, when they won the treble, but they will still be hoping to earn a place in the play-offs. Kick-off **8.00pm**.
- 10.15 LIVE **WTA & ATP Tennis** Further coverage of day six of the Cincinnati Open, the joint ATP 1000 and WTA 1000 hard-court tournaments at Lindner Family Tennis Center in Mason, Ohio.
- 4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Best PL Goals 97/98**
- 8.00 **Premier League 100 Club**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 11.30 **Transfer 360**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Premier League Years** Memorable moments and classic games from the 2001/02 season.
- 3.00 **PL Retro** Crystal Palace v Liverpool in the 2013/14 season.
- 5.00 **The Premier League Show**
- 7.00 **The Transfer Show**
- 8.00 **Premier League 100 Club**
- 9.00 **Transfer 360** Transfers involving Alan Shearer and Kieran Trippier.
- 10.00 **Premier League Stories**
- 10.30 **Premier League 100 Club** A look at Manchester City striker Erling Haaland's goals.
- 11.00 **Premier League Years** Classic games, infamous blunders and moments of skill from the 2004/05 season, all set to a specially selected soundtrack.
- 1.00 AM **PL Retro** Nottingham Forest v Liverpool from 1992.
- 3.00 **PL Greatest Games**
- 4.00 **Best PL Goals 1997/98**
- 5.00 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 503 421 441

- 6.00 AM **EFL Cup Retro** Manchester City v Sunderland in 2014.
- 8.00 **Best Scottish Premiership Goals 2024/25**
- 8.30 **Best Scottish Premiership Goals 2025/26**
- 9.00 **SPFL Greatest Games**
- 9.30 **EFL Greatest Games**
- 10.00 **Championship Season Review**
- 11.00 **SPFL Greatest Games**
- 11.30 **EFL Greatest Games**
- 12.00 NOON **EFL Cup Highlights**
- 1.00 PM **EFL League One Goals**
- 1.30 **EFL League Two Goals**
- 2.00 **EFL Highlights** Championship.
- 5.00 **EFL Cup Highlights**
- 6.00 **EFL League One Goals**
- 6.30 **EFL League Two Goals**
- 7.00 **EFL Highlights** Championship.
- 9.30 **EFL League One Goals**
- 10.00 **EFL League Two Goals**
- 10.30 **EFL Highlights** Action from Burnley v West Ham United. **10.45** Cardiff City v Wrexham. **11.00** Wolverhampton Wanderers v Blackburn Rovers.
- 11.15 **EFL Highlights** Championship.
- 3.00 AM **SPFL Highlights**
- 3.30 **EFL Greatest Games**
- 4.00 **EFL Cup Highlights**
- 5.00 **Best Goals: EFL Cup 2022/23**
- 5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

- 6.00 AM **International T20 Cricket**
- 6.30 **Nepal Climbing Cricket's Mountain** Documentary.
- 7.00 **One-Day International Cricket**
- 10.00 **The Hundred** The men's final.
- 2.00 PM **The Hundred Bitesize**
- 2.30 **International T20 Cricket**
- 3.00 **One-Day International Cricket**
- 6.00 **International T20 Cricket** Highlights from England v India in the first match in the five-game series staged at Banks Homes Riverside in Chester-le-Street. **6.30** England v India in the second T20 staged at Emirates Old Trafford, Manchester. **7.00** England v India in the third T20 at Trent Bridge, Nottingham. **7.30** England v India in the fourth T20 from Seat Unique Stadium. **8.00** England v India in the fifth T20 at Utilita Bowl, Southampton.
- 8.30 **Nepal Climbing Cricket's Mountain** Documentary.
- 9.00 **One-Day International Cricket** Highlights from the three-match series between England and India.
- 12.00 M'T **The Hundred** Women's final.
- 3.30 AM **The Hundred Bitesize**
- 4.00 **to 6.00** AM **One-Day International Cricket**

Sky Sports Golf

406 406 506 423 443

- 6.00 AM **Chronicles of a Champion Golfer** Profiles of leading players.
- 7.00 **School of Golf** Expert tips.
- 8.00 **Playing Lessons**
- 9.00 **Nick Dougherty's Tee Time Tips**
- 10.00 **PGA Tour Golf** Highlights.
- 11.00 **Legends Tour Golf**
- 12.00 NOON **Golf Academy**
- 1.00 PM **Best of the Open Zone**
- 4.00 **PGA Tour Golf** Highlights.
- 5.00 **Best of the Sky Zone** Highlights from the PGA Championship.
- 5.30 **Best of the Sky Zone: US Open**
- 6.00 **Ladies European Tour Golf**
- 7.00 **Perfection in Paris**
- 9.00 **DP World Tour Golf** Action from the Danish Golf Championship.
- 9.30 **PGA Tour Golf** The fourth day of the FedEx St Jude Championship.
- 10.30 **Legends Tour Golf** The Staysure PGA Seniors Championship.
- 11.30 **HotelPlanner Tour Golf**
- 12.00 M'T **PGA Tour Champions**
- 1.00 AM **PGA Tour Golf**
- 2.00 **How the 2016 Ryder Cup Was Won** Archive action.
- 4.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 508 425 445

- 6.00 AM **WTA & ATP Tennis**
- 1.00 PM **WTA & ATP Tennis** The fifth day of the Cincinnati Open.
- 4.00 LIVE **WTA & ATP Tennis** Coverage of day six of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio. The number two seed Carlos Alcaraz triumphed 6-4 6-4 against Hamad Medjedovic to book his place in the last-16 last year.
- 12.00 M'T LIVE **WTA & ATP Tennis** Further coverage of day six of the Cincinnati Open, the joint ATP 1000 and WTA 1000 hard-court tournaments at Lindner Family Tennis Center in Mason, Ohio.
- 4.00 **to 6.00** AM **ATP Tennis**

Sky Sports Mix

416 412 511 429 449

- 6.00 AM **PL Greatest Games**
- 7.00 **Women's T20 World Cup**
- 8.00 **ATP Tennis** Recent finals.
- 10.00 **The Players Championship**
- 11.00 **WTA Tennis** Indian Wells Open.
- 12.00 NOON **My Icon** Sporting heroes.
- 12.30 PM **Darts Gold** Archive action.
- 1.00 **NFL Highlights**
- 2.00 **Super League**
- 4.30 **My Icon** Johnny Nelson.
- 5.00 **NFL Bitesize Highlights**
- 6.00 **NBC's Pro-Football Talk**
- 8.00 **British GT Championship**
- 9.25 **Cadillac Motorhome Tour**
- 9.30 **British GT Championship**
- 10.55 **Arvid Lindblad at Edgbaston**
- 11.00 **NFL Highlights**
- 12.00 M'T **My Icon** Sporting influences.
- 12.30 AM **Darts Gold** Archive action.
- 1.00 **Premier League Darts**
- 5.00 **My Icon** Sporting influences.
- 5.30 **to 6.00** AM **Darts Gold**

TNT Sports 1

410 413 521 408 430

- 6.00 AM LIVE **Test Cricket Sri Lanka v India.** Coverage of day four of the first Test staged at Galle International Stadium.
- 1.30 PM LIVE **Men's Cycling** Stage one of the Tour of Limousin, a route from Veyrac to Dun-le-Palestel.
- 4.00 **British Superbikes Highlights**
- 5.00 **MLB Highlights**
- 6.00 **T100 Triathlon World Tour**
- 6.30 **The Gruppetto** Cycling news.
- 6.45 **The Fantasy Show**
- 7.15 **The Breakdown**
- 7.45 LIVE **UEFA Champions League** Coverage of a play-off round first-leg, as the teams look to gain an advantage ahead of their second-leg clash next week.
- 10.00 **Premier League Preview**
- 11.00 **T100 Triathlon World Tour**
- 11.30 **MLB Highlights**
- 12.30 AM **MLB Lead Off**
- 1.00 LIVE **MLB Chicago Cubs v Chicago White Sox.** Coverage of the inter-league match at Wrigley Field, which serves as the second of a three-game series. Start-time **1.05am**.
- 4.00 **MLB Closer** A look back.
- 4.30 **MLB Classic** Archive action.
- 5.00 **to 6.00** AM **NWSL**

TNT Sports 2

411 414 522 409 431

- 6.00 AM **Motocross World Championship** From Sweden.
- 9.00 **ABB FIA Formula E World Championship Highlights**
- 11.00 **FA Community Shield**
- 12.30 PM **MLB Highlights**
- 1.30 **European Rally Championship**
- 2.00 **UIM F1H2O World Championship Highlights**
- 2.30 **Motocross World Championship**
- 5.30 **British Superbikes Rewind**
- 5.45 **UEFA Road to the Finals**
- 7.45 LIVE **UEFA Champions League** Coverage of a play-off round first-leg, as the teams look to gain an advantage ahead of their second-leg clash next week.
- 10.00 **UEFA Road to the Finals**
- 11.00 **Test Cricket Highlights**
- 12.00 M'T **CPL Highlights**
- 12.30 AM LIVE **CPL Jamaica Kingsmen v St Kitts & Nevis Patriots.** Coverage of the T20 match held at Sabina Park.
- 4.45 **TNT Sports Cricket Reload**
- 5.00 **The Gruppetto** Cycling news.
- 5.15 **to 6.00** AM LIVE **Test Cricket Sri Lanka v India.** Coverage of the fifth day of the first Test in the two-match series staged at Galle International Stadium.

Sky Sports Action

412 410 510 426 446

- 6.00 AM **Super League** Wigan Warriors v Warrington Wolves.
- 9.30 **Super League** Catalans Dragons v Wigan Warriors from 2025.
- 12.00 NOON **NFL Highlights** Arizona Cardinals v Seattle Seahawks.
- 1.00 PM **Good Morning Football**
- 3.00 **NFL Highlights** San Francisco 49ers v Seattle Seahawks.
- 4.00 **Super League Highlights**
- 5.00 **NBA Basketball** A chance to see Dallas Mavericks v Boston Celtics.
- 7.00 **Super League Highlights** Salford Red Devils v Leigh Leopards. **7.15** Warrington Wolves v St Helens in a 2024 eliminator match.
- 7.30 LIVE **Super League Hull Kingston Rovers v Warrington Wolves.** Coverage of the match at Sewell Group Craven Park Stadium. Kick-off **8.00pm**.
- 10.15 **NFL Bitesize Highlights**
- 11.00 **NFL Fantasy** Featuring the top NFL fantasy experts and analysts.
- 12.00 M'T **The Insiders** NFL news.
- 1.00 AM **NFL Highlights**
- 2.00 **Super League** Hull Kingston Rovers v Warrington Wolves.
- 4.45 **NFL Highlights**
- 5.45 **to 6.00** AM **Women's Super League**

Sky Sports Sky Sports+

404 404 504 427 447

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 8.00 **Super League** A chance to see Leeds Rhinos v Wakefield Trinity.
- 11.00 **Sky Sports FC**
- 11.30 **Transfer 360**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Lunchtime Live**
- 2.00 **The World Football Show**
- 2.30 **Transfer 360** Why Kieran Trippier's move to Newcastle United proved so important.
- 3.00 **Sports Desk**
- 4.00 LIVE **WTA & ATP Tennis** Coverage of the sixth day of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center, where the third round is scheduled to conclude. Alexei Popyrin and Andrey Rublev were involved in the match of the round in last year's men's draw, which saw the latter come out on top via a 6-7 7-6 7-5 score.
- 12.00 M'T LIVE **WTA & ATP Tennis** Further coverage of day six of the Cincinnati Open, the joint ATP 1000 and WTA 1000 hard-court tournaments at Lindner Family Tennis Center in Mason, Ohio.
- 4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **Premier League Review**
- 4.00 PM **Premier League Review** A look back at matchday 11 of the 2025/26 season, including Manchester City v Liverpool. **5.00** A look back at matchday 12 of the 2025/26 season, including Arsenal v Tottenham Hotspur. **6.00** A look back at matchday 13 of the 2025/26 season, including Tottenham v Manchester United.
- 7.00 PM **Premier League Stories** Behind the scenes at Coventry City's pre-season training camp.
- 7.30 **Test Cricket Highlights** Sri Lanka v India in day four of the first Test in the two-match series at Galle International Stadium.
- 8.30 **TNT Sports Cricket Reload** Action from West Indies v Pakistan.
- 9.00 **UFC: The Ultimate Fighter**
- 10.00 **UFC** A chance to see Islam Makhachev v Ian Machado Garry.
- 1.00 AM **UEFA Champions League**
- 3.00 **to 6.00** AM **UEFA Champions League – Classics**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **Snooker: China Open** Action from the ninth day of the tournament held at Riverside Sports Centre in Taiyuan.
- 8.00 **British Superbikes Highlights** Action from the seventh round of the season at Thruxton Circuit.
- 9.00 **Serie A** Highlights from the 2025/26 season, featuring Sassuolo v Napoli, Juventus v Parma, Pisa v AS Roma, Inter Milan v Udinese, Juventus v Inter Milan and AC Milan v Bologna.
- 5.00 PM **Serie A** Genoa v Lazio. **6.00** AC Milan v Napoli. **7.00** Fiorentina v AS Roma. **8.00** Juventus v AC Milan. **9.00** AS Roma v Inter Milan. **10.00** AC Milan v Fiorentina. **11.00** Napoli v Inter Milan.
- 12.00 M'T **Serie A** Lazio v Juventus. **1.00** AM Lecce v Napoli. **2.00** Atalanta v AC Milan. **3.00** Hellas Verona v Inter Milan.
- 4.00 **to 6.00** AM **Serie A**

Premier Sports 1

419 APP 528

- 6.00 AM **Sporting Countdowns**
- 7.00 **LaLiga** Another chance to see Deportivo La Coruna v Elche.
- 9.00 **NASCAR Highlights**
- 10.00 **LaLiga Match Highlights**
- 10.55 **Motorsport** Valentino Rossi.
- 11.30 **Coppa Italia** Pisa v Empoli.
- 1.30 PM **Sporting Greats**
- 2.00 **LaLiga** Another chance to see Racing Santander v Villarreal.
- 4.00 **Swedish Speedway** Action from a high-profile Elitserien meeting.
- 5.55 LIVE **Swedish Speedway** Coverage of an Elitserien meeting.
- 8.00 **Bike World** Magazine.
- 8.30 **NASCAR Highlights**
- 9.30 **Premier Sports Cup** A chance to see Dundee United v Celtic.
- 11.30 **Sporting Greats** Sporting figures discuss their careers.
- 12.00 M'T **Swedish Speedway** Action from an Elitserien meeting.
- 2.00 AM **Bike World** Magazine.
- 2.30 **NASCAR Highlights**
- 3.30 **to 6.00** AM **NHL Ice Hockey**

Premier Sports 2

420 APP 529

- 6.00 AM **Football's Greatest**
- 7.00 **NASCAR Trucks** Highlights from Richmond Raceway.
- 10.00 **Bike World** Magazine.
- 10.30 **Coppa Italia** Palermo v Lecce.
- 12.30 PM **Temples of Sport**
- 1.30 **Coppa Italia** Another chance to see Cremonese v Sampdoria.
- 3.30 **Temples of Sport** Iconic sporting venues from around the globe.
- 4.00 **Brasileiro Serie A** A chance to see Mirassol v Flamengo.
- 6.00 **Argentine Primera** A replay of River Plate v Argentinos Juniors.
- 8.00 **Argentine Primera** A chance to see Lanus v Independiente.
- 10.00 **Coppa Italia** Another chance to see Palermo v Lecce.
- 12.00 M'T **Football's Greatest**
- 12.30 AM **Brasileiro Serie A** A chance to see Mirassol v Flamengo.
- 2.30 **Football's Greatest**
- 3.00 **Brasileiro Serie A** A chance to see Fluminense v Palmeiras.
- 5.00 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 507 424 444

- 6.00 AM **Formula 1** Highlights.
- 10.00 **British Kart Championships**
- 11.00 **Formula 1** Highlights.
- 5.45 PM **Ollie Bearman Drives Ayrton Senna's Lotus**
- 6.00 **Formula 1** British Grand Prix. **7.00** The Belgian Grand Prix at Circuit de Spa-Francorchamps. **8.00** The Hungarian Grand Prix.
- 9.00 **Indycar** The Indy at Markham.
- 10.00 **Formula 1** The Hungarian Grand Prix at Hungaroring in Mogyoród.
- 11.00 **Indycar** The Indy at Markham.
- 12.00 M'T **Formula 1** Highlights.
- 1.00 AM **F1 Explained**
- 2.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday

19 August

Planner

A Beautiful Obsession

DOCUMENTARY Prime Video

From Oscar-winning filmmaker Kevin Macdonald, this four-part documentary goes behind the scenes at Manchester City during manager Pep Guardiola's final two seasons at the club.

Professor T

DRAMA ITV1, 9pm (box set, ITVX)

Ben Miller returns as the eccentric professor of criminology for a fourth series of the drama. Having taken a step back from crime-solving after the tragic events of season three, Jasper is called back to help Dan on a confusing case.

Average Joe

COMEDY DRAMA

Paramount+ (S1 and eps 1&2 of S2 available today)

In this dark comedy, Joe (Deon Cole) leads an ordinary life as a plumber – until he learns that his late father stole millions of dollars from dangerous people, who now think Joe has the money.

England v Pakistan: 1st Test

CRICKET Sky Sports, play starts at 11am

Returning captain Joe Root leads England at his home ground of Headingley for this first of a three-Test series. Root's fellow Yorkshireman Harry Brook (pictured) should provide the batting backbone.

Wednesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Fake or Fortune? What Happened Next		9.00 Celebrity MasterChef		10.00 News; Local News	10.40 MOTD...
	102 BBC2	7.00 Today at the Test		8.00 Digging for Britain		9.00 Murder Trial		10.00 Couples...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Inside the...	8.00 Emmerdale	8.30 Coronation...	9.00 Professor T		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Extraordinary Extensions		9.00 Love You to Death		10.00 Outback Murder Highway	
	105 5	7.00 Car Pound Cops		8.00 Casualty 24/7: Every Second Counts		9.00 999: Critical Condition		10.00 A&E: Crash Scene Emergency	
	106 SKY ONE	7.00 The Simpsons		8.00 Surviving Earth		9.00 Never Mind the Buzzcocks			10.30 The 'Burbs
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Film: Mission: Impossible III				10.00 Guy Montgomery's Guy Mont...	
	116 BBC4	7.00 Villages by the...	7.30 Canal Boat Diaries		8.15 Rome: A History of the Eternal City		9.15 Mary Beard's Ultimate Rome: Empire...		10.15 I, Claudius
	118 ITV2	7.00 The Floor		8.00 The 1% Club		9.00 Family Guy			
	136 MORE4	‹ 6.50 Car S.O.S.		7.55 Grand Designs		9.00 The Roman Empire by Train with Alice...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Vanderpump Rules		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Fire Country		10.00 FBI: International	
	108 SKY ATLANTIC	‹ 6.45 House of the Dragon				9.00 Task			10.15 Station Eleven
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Porridge	9.40 The Office		10.20 Not Going Out
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Grantchester	
	120 ITV4	7.00 The Motorbike Show		8.00 Who Wants to Be a Millionaire?...		9.00 Film: RoboCop 3			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Chelsea Detective				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Bookish		9.10 Death in Paradise		10.10 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Voices of the Valleys		9.00 Battle of the Irish Dancers		10.00 The Eighties	
	132 U&W	7.00 MasterChef Australia		8.00 Pete Wicks: For Dogs' Sake		9.00 Signora Volpe			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers						10.00 Mighty Truckers	
	162 ANIMAL PLANET	7.00 Treehouse Masters: Out on a Limb		8.00 Rugged Justice		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Lost Treasures of Ancient Greece		9.00 Hidden Beneath the Cities		10.00 Mysteries of Ancient Medicine	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Rust Valley Restorers		9.00 History's Greatest Warriors		10.00 Airport Security: USA	
	155 U&YESTERDAY	7.00 The Blue Planet		8.00 Michael Palin: Travels of a Lifetime		9.00 Simon Reeve's South America		10.00 Bangers & Cash	
	114 SKY DOCS	‹ 6.00 The Loneliest Whale: The Search...		8.00 Black Widow					

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Countryfile Treasures** (S)(R)
10.30 **Garden Rescue** (S)(R)
11.15 **Homes Under the Hammer** New edition From Nottinghamshire, Staffordshire and Liverpool. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Items include a sewing box. (S)
2.45 **Escape to the Country** An artistic couple hope to escape to the Scottish Highlands. (S)(R)
3.30 **The Repair Shop** (S)(R)(AD)
4.30 **The Answer Run** New edition Quiz hosted by Jason Manford. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Fake or Fortune?

7 PM
7.00 **The One Show** Clara Amfo and JB Gill present the topical show. (S)
7.30 **EastEnders** It's the day of Cindy and Kim's hen parties, but Max wakes up in Priya's bed having overslept from the night before. (S)(AD)

8 PM
8.00 **Fake or Fortune? What Happened Next** New edition An update on a 2018 edition exploring whether two sketchbooks discovered in a garden shed in France were really the work of a young Toulouse-Lautrec. (S)(AD)

9 PM
9.00 **Celebrity MasterChef** New edition 2/15. Joe Pasquale, Jason Mohammad, Emily Campbell, Shakira Khan and Jay McGuiness attempt to cook the ultimate pie for guest Paddy McGuinness. (S)(AD)
■ Continues on Friday

10 PM
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **MOTD: UEFA Champions League** Action from the play-off round first-leg ties, including Celtic v LASK at Celtic Park. The Bhoys will be looking to avoid a repeat of last season, when they lost on penalties to Kairat of Kazakhstan after two goalless draws, meaning they missed out on the league phase. (S)
11.30 FILM **Monkey Man** Thriller directed by and starring Dev Patel. A man unleashes a campaign of vengeance against the men who killed his mother. With Sharlto Copley. (S) (2024, 18, 115min) ★★★★
1.25 AM **Weather for the Week Ahead**
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Great Japanese Railway Journeys** (S)(R)(AD)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Quiz. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **Animal Park Summer** (S)(R)(AD)
3.30 **Serengeti II** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** Lake Bala in north Wales. (S)(R)
5.15 **Flog It!** From Derbyshire. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Bear Grylls: Wild Reckoning** The adventurer revisits some of the people he tried to help. (S)(R)(AD)

10.00 Couples Therapy

7.00 **Today at the Test** England v Pakistan: Action from the opening day's play of the first Test in the three-match series staged at Headingley. (S)

8.00 **Digging for Britain** In this edition, Alice Roberts explores treasures in the west of Britain, including the remains of Herefordshire's Snodhill Castle and what is believed to be the oldest house ever found in the city of Cardiff. (S)(R)(AD)

9.00 **Murder Trial** Series finale *Death of a Dog Walker – Part Two:* 2/2. Witnesses unearth further shocking revelations, and the defendant takes the stand before the jury decides if the verdict is guilt or not guilty. (S)(AD)

10.00 NEW SERIES **Couples Therapy** 1/9. Dr Orna Guralnik talks Marjorie and Jason through their political differences. (S)
■ Continues at 11.05pm
10.30 **Newsnight** (S)

11.05 **Couples Therapy** New editions 2/9. Chris opens up about his infidelities as Sienna questions why she's stuck around so long. (S)
11.35 3/9. Jason turns to ChatGPT for support after Marjorie dismisses his weight loss. (S)
12.05 AM **Buried with Michael Sheen** 1/2. Documentary. (S)(R)(AD)
1.05 **Sign Zone: Amityville: An Origin Story** (S)(R)(AD)
1.55 **Sign Zone: Evolution** (S)(R)(AD)
2.55 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.00 PM **ITV News** (S)
1.20 **Local News** (S)
1.30 LIVE **Racing** Francesca Cumani and Ed Chamberlin introduce coverage of the opening day of the Ebor Meeting from York, including feature race the Juddmonte International Stakes. Analysis from Jason Weaver, Ruby Walsh and Adele Mulrennan. (S)
4.30 **Tipping Point: Best Ever Finals** Compilation of some of the most dramatic endgames from the arcade-themed game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Inside The Langham

7.30 **Inside The Langham: Britain's First Grand Hotel** Series finale 6/6. It's the 160th anniversary of the Langham as the entire team race to deliver a celebration worthy of the iconic hotel's legacy. (S)(AD)

8.00 **Emmerdale** Kev makes a confession that leaves Billy stunned and later he smashes Caleb's laptop. (S)(AD)
8.30 **Coronation Street** Idris coaches Ollie ahead of the poker night at Speed Daal. With Frances Barber. (S)(AD)

9.00 NEW SERIES **Professor T** *Overboard:* 1/6. Drama starring Ben Miller. Jasper is no longer consulting for the police after Lisa's death but he is lured back in when a woman disappears. *See feature, page 11.* (S4) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Long Lost Family: Born Without Trace – What Happened Next** Nicky Campbell and Davina McCall present updates on the stories of foundlings Susanne Barrow and Tom Yeo. (S)(R)(AD)
11.40 **British Touring Car Championship Highlights** Action from the sixth weekend of the season at Knockhill in Fife. (S)
1.05 AM **Teleshopping**
3.00 **Love & Death** (S1) (S)(SL)(R)(AD)
3.50 **Inside the Langham: Britain's First Grand Hotel** (S)(SL)(R)(AD)
4.15 **Unwind with ITV** (S)
5.30 **to 6.00** AM **Tom Kerridge Cooks Italy** (S)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 8-11/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A couple want a holiday home in Fuerteventura in the Canary Islands. (S)(R)
4.00 **The Great B&B Challenge** Michelle's curdled curry leaves a bad taste with the judges. (S)(R)
5.00 **Chateau DIY** Becky and Mark rush to get everything ready for an open day. (S)(R)(AD)
6.00 **American Pickers** New edition Mike and Frank find themselves spoilt for choice in Ohio. (S)(AD)

8.00 Extraordinary Extensions

7.00 **News** (S)

8.00 **Extraordinary Extensions** New edition A Croydon couple build a barn extension inspired by their passions for cars and crafts. Plus, a return visit to a Manchester property to find out whether a glass extension has been a success. (S)(AD)

9.00 NEW SERIES **Love You to Death** 1/3. Documentary telling the story of Lisa Hayden-Johnson who was jailed after fabricating her young son's illness. (S)(AD)
■ Continues tomorrow

10.00 NEW SERIES **Outback Murder Highway** 1/4. Crime documentary investigating killings along a 500-mile Australian road, beginning with two student nurses who went missing while hitch-hiking in 1972. (S)(AD)

11.05 **Outback Murder Highway** New edition 2/4. An investigation into the murder of three New Zealand motorcyclists. (S)(AD)
12.05 AM **Murder Case: The Digital Detectives** (S)(SL)(R)(AD)
1.00 **Celebrity Hunted** (S)(SL)(R)(AD)
2.50 **Ramsay's Hotel Hell** (S)(R)(AD)
3.40 **Yorkshire by the Sea** (S)(R)(AD)
4.35 **Kirstie's House of Craft** (S)(R)
4.55 **Couples Come Dine with Me** (R)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM The Body in the Attic** Thriller starring Abigail Hawk. (S) (2023, PG, 100min) ★★
4.00 **Castle** *Hollander's Woods:* 23/23. A murder reminds the writer of a pivotal event in his childhood. (S7) (S)(R)
4.55 **Love Nature** The reintroduction of pine martens into Dartmoor and Exmoor. (S)(R)
5.00 **News** (S)
6.00 **Capri: Jewel of the Med** Cameras focus on one of the Mediterranean's smallest inhabited islands. (S)(R)
6.55 **News** (S)

9.00 999: Critical Condition

7.00 **Car Pound Cops** Documentary series tracking cars as they are seized for a variety of offences. (S)(R)
7.55 **News** (S)

8.00 **Casualty 24/7: Every Second Counts** New edition As the team at Barnsley Casualty deal with winter pressures, Dr Darya Pospyelova helps a woman who has had a bleeding nose for over three hours. (S)

9.00 **999: Critical Condition** Series finale 6/6. A man worries that he may never walk again following a road traffic accident, and a woman fights for her life during a severe asthma attack. (S)

10.00 **A&E: Crash Scene Emergency** The work of medical teams at University Hospital Coventry's trauma unit. Emergency services and helicopter medics perform CPR on a man in cardiac arrest. (S)(R)

11.05 **Ambulance: Code Red** A 64-year-old man who has collapsed at work with a suspected cardiac arrest. (S)(R)
12.05 AM **A&E After Dark** (S)(R)(AD)
1.00 **Teleshopping** (S)(R)
2.00 **GPs: Behind Closed Doors** (R)
2.50 **Castle** As 4.00pm. (S)(R)
3.40 **Friends** (S9) (S)(R)
4.30 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S6) (S)(R)
10.00 **Will & Grace** (S11) (R)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Africa's Hunters** (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
3.00 **S.W.A.T.** (S1) (S)(R)(AD)
5.00 **The Simpsons** *Maximum Homerdrive:* Homer and Bart set off on a journey to deliver a dead lorry driver's cargo. (S)(R) **5.30** *Mayored to the Mob:* Homer is appointed bodyguard to Mayor Quimby. Includes the voice of Mark Hamill. (S)(R)
6.00 **Rob & Romesh vs Fashion** Comedians Rob Beckett and Romesh Ranganathan examine the world of fashion and meet model David Gandy. (S)(R)(AD)

8.00 Surviving Earth

7.00 **The Simpsons** *Simpsons Bible Stories:* Homer, Marge and the kids have biblical dreams. (S)(R) **7.30** *Mom and Pop Art:* A gallery owner mistakes Homer's DIY barbecue for a work of art. (S)(R)

8.00 **NEW SERIES Surviving Earth** 1/6. Revisiting major extinction events, beginning with the Permian-Triassic one by following the story of a family of gorgonopsians.

9.00 **Never Mind the Buzzcocks** With guest panellists Pixie Lott, Charlie Simpson and John Kearns. (S)(R)(AD) **9.45** With Beth Ditto, Nick Grimshaw, Megaman and Kimberly Wyatt. (S)(R)(AD)

10.30 **The 'Burbs** *A Nine on the Tension Scale:* 4/8. The annual block party brings fun and revelations, with rumours swirling through town and Samira suspecting that Rob is hiding something sinister. (S1) (S)(R)(AD)

11.25 **Grimm** 3/22. Nick and Hank investigate when a lawyer is injected with a fatal overdose of bee venom. (S1) (S)(R)
12.20 AM **Evil** 3/13. Kristen, David and Ben are called in when a theatre producer's behaviour goes from demanding to downright bizarre. (S1) (S)(R)
1.15 **The Force: Manchester** (S)(R)
2.10 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30pm Scotcast (S)(R) **12.00m't** FILM Monkey Man: Action thriller. (S) (2024, 18, 115min) ★★★★ **1.55am** Weather for the Week Ahead (S) **2.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The Big Deal with Steph McGovern New edition (S) **11.40** MOTD: UEFA Champions League (S) **12.30am** Alan Carr's Picture Slam (S)(R) **1.15-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Camau Bach **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Lowri Morgan: Her 333 **1.30** Garddio a Mwy **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Siwrna Scandi Chris **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dan Do **6.30** Adeiladu'r Freuddwyd: Camp Out West **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Cartrefi Cymru **8.55** Newyddion a'r Tywydd **9.00** Priodas Pum Mil **10.00** Y Deis **10.30-11.35pm** Ty Ffit

TV&Streaming week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** A behind-the-scenes special of the series. **7.30** Steve Backshall reveals how he tracks animals.
8.00 **FILM Mission: Impossible III** Action spy thriller sequel starring Tom Cruise. Former agent Ethan Hunt returns to active duty to go after an international weapons dealer – but his decision has repercussions when the villain retaliates by kidnapping his wife. (2005, 12, 126min) ★★★★
10.00 **Guy Montgomery's Guy Mont Spelling Bee** New editions 5/10. The panel must perform some very convincing impressions. **10.45** 6/10. There is culinary chaos as the panel spell what Aaron is cooking. ■ Entire series on BBC iPlayer
11.30 **FILM Yesterday** Comedy directed by Danny Boyle and starring Himesh Patel. (2019, 12, 116min) ★★★
1.20 AM **Ladhood** 1-4/6. (S2)
3.00 **to 4.00** AM **Vigil**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Hertfordshire.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a Fiat 500 for a man who was forced to abandon it by a series of family tragedies **6.50** Fuzz and Tim attempt to get a 1960s Sunbeam Alpineback on the road.
7.55 **Grand Designs** Kevin McCloud follows the progress of Dorran, who promised his wife and children he would build them a super-modern underground home on a hill outside Canterbury.
9.00 **The Roman Empire by Train with Alice Roberts** 3/6. Alice explores Rome, from the ingenuity of ancient Roman aqueducts to the story behind Trajan's Column, and finds the original road that drove the expansion of the empire.
10.00 **24 Hours in A&E** A 22-month-old girl is rushed to A&E after being kicked in the head by a horse.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary series.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Villages by the Sea** The history of Cushendall.
7.30 **Canal Boat Diaries** The waterways of the north of England and the Midlands.
8.00 **NEW Simon Sebag Montefiore Remembers... Rome: A History of the Eternal City** The historian looks back at the series.
8.15 **Rome: A History of the Eternal City** 1/3. The role of religion in creating and maintaining power.
9.15 **Mary Beard's Ultimate Rome: Empire Without Limit** 3/4. Identity and citizenship within the empire.
10.15 **I, Claudius** *Reign of Terror:* 7/12. Sejanus seeks permission to marry Livilla. **11.05** 8/12. Caligula is hailed as the new Caesar. (S1)
12.00 M'T **The Australian Wars**
12.55 AM **Canal Boat Diaries**
1.25 **Rome: A History of the Eternal City** As 8.15pm.
2.25 **Villages by the Sea**
2.55 **to 3.55** AM **Mary Beard's Ultimate Rome: Empire Without Limit**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Somerset.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** Series finale
11.00 **Below Deck: Mediterranean**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks** Wedding prep gets under way in the village. **7.00** Confrontations take place as secrets come out.
7.30 **The Simpsons** *Grampa v Sexual Inadequacy:* Grampa boosts Homer's love life.
8.00 **Vanderpump Rules** New edition The cast reunite to discuss the events of the season.
9.00 **Gogglebox** Opinions on *Obsession* and *Married at First Sight Australia.*
10.00 **Gogglebox** Reviews of *Celebrity Hunted, Britain's Got Talent* and *Citadel.*
11.05 **First Dates**
12.10 AM **Naked Attraction**
1.15 **Gogglebox**
2.15 **Vanderpump Rules**
3.05 **The Simpsons**
3.30 **The Goldbergs**
4.20 **Brooklyn Nine-Nine**
5.10 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 306 30 123 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

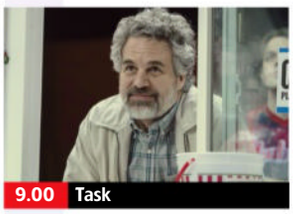
- 6.00 AM **Bondi Rescue**
- 7.00 **Border Patrol**
- 8.00 **Send in the Dogs**
- 9.00 **The Force: Manchester**
- 10.00 **Motorway Patrol**
- 10.30 **Caught Red Handed**
- 12.00 NOON **FBI** 8&9/15. (S3)
- 2.00 PM **The Rookie** 16/22. The team must stop a militia from wreaking havoc. (S5)
- 3.00 **Law & Order: Criminal Intent** 1/8. A suspected high-class prostitute is murdered. (S10)
- 4.00 **Nothing to Declare** Six editions of the documentary.

12.00 FBI

Sky Atlantic

108/109 108/109 111 342 357

- 6.00 AM **Fish Town** Double bill.
- 8.00 **Billions** 3&4/12. (S6)
- 10.15 **House of the Dragon** (S2)
- 12.35 PM **Homicide: Life on the Street** 12&13/22. (S5)
- 2.30 **Billions** 3/12. Taylor weighs a different kind of cost when old friends get caught in a business crossfire.
- **3.35** 4/12. Prince turns to Wendy for help. (S6)
- 4.40 **Django** 1/10. Western starring Matthias Schoenaerts.
- **5.45** 2/10. Sarah and John ask for a loan. (S1)



9.00 Task

ITV2

118 122 115 6 113 6

- 6.00 AM **Highlights**
- 7.30 **Real Housewives of Potomac**
- 8.20 **Real Housewives of Beverly...**
- 9.15 **The Only Way Is Essex**
- 10.15 **Dawson's Creek** 13/13. (S1)
- 11.10 **Charmed** 13/22. (S1)
- 12.10 PM **Deal or No Deal**
- 1.10 **Supermarket Sweep**
- 2.10 **The Floor** Game show.
- 3.10 **The Only Way Is Essex**
- 4.10 **Real Housewives of Potomac**
- 5.00 **Real Housewives of Beverly Hills** Reality series.
- 6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

ITV3

119 123 117 10 115 7

- 6.00 AM **George and Mildred**
- 7.05 **Classic Emmerdale**
- 8.05 **Classic Coronation Street**
- 9.10 **Agatha Christie's Poirot**
- 11.30 **Heartbeat** Double bill.
- 1.35 PM **Midsomer Murders** *Death in Disguise:* A man is found dead at a commune, bringing old secrets to light.
- 3.35 **Classic Emmerdale**
- 4.40 **Classic Coronation Street**
- 5.50 **Heartbeat** *The High Life:* Jenny's younger brother visits and soon begins to threaten her relationship with Merton.

8.00 Midsomer Murders

ITV4

120 124 118 26 117 21

- 6.00 AM **Magnum, PI**
- 8.05 **Robin of Sherwood**
- 9.10 **Boon**
- 10.15 **The Professionals**
- 11.25 **Robin of Sherwood**
- 12.30 PM **Magnum, PI**
- 2.35 **The Casebook of Sherlock Holmes** Murder mystery.
- 3.45 **Boon**
- 4.50 **The Professionals** *Man Without a Past:* Bodie is suspended from duty.
- 5.55 **Minder** *The Birdman of Wormwood Scrubs:* Arthur helps an ex-con get his loot.

9.00 RoboCop 3

7 PM

- **7.00 Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.
- **6.45 House of the Dragon** *The Burning Mill:* 3/8. Ser Criston decides to propose a bold scheme.
- **7.00 The Floor** Rob Brydon hosts another tense round of quick-fire quiz duels with each win expanding a player's territory.
- **6.55 Heartbeat** *Hung for a Sheep:* Ventress thinks Mike's replacement PC Steve Crane is too keen to prove his worth.
- **7.00 The Motorbike Show** Judgement day arrives as the 1944 Triumph 3HW is put to the test.

8 PM

- **8.00 Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
- **8.00 House of the Dragon** *The Red Dragon and the Gold:* 4/8. Rhaenys tries to keep the peace on the Black Council. (S2)
- **8.00 The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.
- **8.00 Midsomer Murders** *Wild Harvest:* When a farmer is discovered bound to a tree, doused in truffle oil and mauled to death by a wild boar, the investigation leads Barnaby to a tyrannical celebrity chef. Guest stars Arabella Weir.
- **8.00 Who Wants to Be a Millionaire? Christmas Special** Joe Marler and Katherine Ryan take part in the quiz show.

9 PM

- **9.00 Fire Country** New episode *Fresh Start:* 8/20. Three Rock reopens with a new crew and high hopes. (S4)
- **9.00 Task** *Crossings:* 1/7. An FBI agent heads up a task force to tackle a string of drug-house robberies in Philadelphia. (S1)
- **9.00 Family Guy** 9/20. Peter is arrested and charged with a hate crime.
- **9.30** 10/20. The guys go to South Korea. (S14)
- **9.00 FILM RoboCop 3** Sci-fi thriller sequel starring Robert Burke and Nancy Allen. RoboCop helps ghetto rebels in their fight against an evil corporation. With Rip Torn and John Castle. (1992, 15, 104min) ★★
  SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

- **10.00 FBI: International** *A Proven Liar:* 7/22. The Fly Team investigate the kidnapping of a businessman's bodyguard and girlfriend. (S2)
- 11.00 **The Rookie** 12/22. (S5)
- 12.00 M'T **FBI** 3&4/15. (S3)
- 2.00 AM **CIA** New episode (S1)
- 3.00 **FBI: Most Wanted** 7/22. (S3)
- 4.00 **Motorway Patrol**
- 5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

- **10.15 Station Eleven** *Goodbye My Damaged Home:* 7/10. Kirsten confronts the source of her deepest trauma. (S1)
- 11.15 **Station Eleven** 8/10. Kirsten arrives in Severn City, only to find herself trapped in a family conflict. (S1)
- 12.20 AM **House of the Dragon**
- 2.40 **Billions** 1&2/12. (S6)
- 4.35 **Sort Of** 5/8. (S3)
- 5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

- **10.00 Family Guy** 1/20. Stewie becomes addicted to ADHD medication.
- **10.35** 2/20. Joe's father visits Quahog. (S14)
- 11.05 **Family Guy** 3/20. An angry Stewie replaces Brian with a super-intelligent robot. (S14)
- 11.35 **American Dad!** (S4)
- 12.35 AM **Bob's Burgers** (S13)
- 1.30 **G'wed** 5/6. (S1)
- 1.55 **Transaction** 2/6. (S1)
- 2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

- **10.00 Grantchester** 7/8. Cathy and Mrs Chapman's new business venture hits a serious obstacle, and Geordie intervenes in Alphy's personal life. (S10)
- 11.00 **Grantchester** 8/8. Alphy and Geordie investigate a death related to a fascist. (S10)
- 11.50 **Trial & Retribution** (S11)
- 1.55 AM **George and Mildred**
- 2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

- 11.05 **Wrestling: AEW Collision** A round-up of the latest hard-hitting wrestling action.
- 1.05 AM **Benidorm** 3/6. Kelly announces her engagement.
- **1.35** 4/6. Troy gets drunk and flirts with Mateo. (S1)
- 2.00 **to 3.00** AM **BattleBots**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

- 12.00 NOON **This Is BBC Scotland**
- 7.00 PM **Reporting Scotland**
- 7.30 **Scotland's Home of the Year** The regional winners go head-to-head for the title.
- 8.00 **Scotland's Greatest Escape** A team of tourist industry expert decide who wins the title.
- 8.55 **Beechgrove Repotted** A garden made up of propagated plants and repurposed rubbish.
- 9.00 **Island Crossings** Bad weather puts Kerrera island's annual triathlon at risk of being cancelled.
- 10.00 **River City** New episode Callum is left reeling after confronting Shak.
- 10.30 **Icons of Football** A profile of Julie Fleeting.
- 11.00 **Scotcast** Topical debate.
- 11.30 PM **to 12.00** M'T **The Trials That Shocked Scotland** Two high-profile murder cases.

Sky Comedy

113/114 109/110 112 347 362

- 8.00 AM **Will & Grace** (S4)
- 9.00 **Sort Of** (S3)
- 10.00 **The Comeback** (S3)
- 11.20 **Will & Grace** (S8)
- 12.20 PM **Based on a True Story** 3&4/8. (S1)
- 1.40 **The Comeback** (S3)
- 3.00 **Will & Grace** (S7)
- 4.00 **The Reluctant Landlord**
- 5.00 **Community** (S2)
- 6.00 **Will & Grace** (S8)
- 7.00 **The Office (US)** 18/28. A mystery woman catches Michael's eye.
- **7.30** 19/28. Kevin seeks dating advice from Andy, Jim and Pam. (S5)
- 8.00 **The Reluctant Landlord**
- 9.00 **Last Week Tonight with John Oliver** Talk show.
- 9.45 **FILM Warm Bodies** Horror comedy starring Nicholas Hoult. (2013, 12, 94min) ★★★★
- 11.40 **Based on a True Story**
- 12.15 AM **The Office Movers**
- 1.35 **Community** (S2)
- 2.35 **The Comeback** (S3)
- 3.55 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

- 6.00 AM **Classic FM Live**
- 8.00 **Artist of the Year**
- 9.00 **Tales of the Unexpected**
- 10.00 **Hitchcock Presents**
- 11.00 **Discovering**
- 12.00 NOON **The Art of...**
- 1.00 PM **Tales of the...**
- 2.00 **Alfred Hitchcock Hour**
- 3.00 **The Nineties**
- 4.00 **Discovering**
- 5.00 **Portrait Artist 2023**
- 6.00 **Tales of the Unexpected**
- 7.00 **Hitchcock Presents**
- 8.00 **Voices of the Valleys** Series finale
- 9.00 **Battle of the Irish Dancers** Documentary.
- 10.00 **The Eighties**
- 11.00 **The Art of Architecture**
- 12.00 M'T **Inside Guggenheim**
- 1.15 AM **Ai Weiwei: The Artivist** Documentary.
- 2.30 **Lily and Lolly: The Forgotten Yeats Sisters**
- 4.00 **My Week with Guerrilla Girls**
- 5.00 **to 6.00** AM **The Art of Film with Ian Nathan**

Sky Mix

151 158 156 11 141 23

- 7.00 AM **Border Security: America's Front Line**
- 8.00 **Border Patrol**
- 9.00 **Nothing to Declare**
- 11.00 **Border Security: America's Front Line**
- 12.00 NOON **Caught on Dashcam** Road disasters.
- 1.00 PM **Police 24/7**
- 2.00 **Nothing to Declare**
- 4.00 **Star Trek: Deep Space Nine** 8/26. (S6)
- 5.00 **Stargate SG-1** (S9)
- 6.00 **Stargate Universe** (S2)
- 7.00 **Star Trek: The Next Generation** *A Matter of Time:* 9/26. A historian angers the crew. (S5)
- 8.00 **Police 24/7**
- 9.00 **FBI: Most Wanted** (S3)
- 10.00 **The Rookie** 17/22. (S4)
- 11.00 **Grimm** 8/22. (S1)
- 12.00 M'T **Fantasy Island** (S2)
- 1.00 AM **Police 24/7**
- 2.00 **Road Wars**
- 3.00 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

- 9.00 AM **Deal or No Deal**
- 10.00 **Tipping Point** Triple bill.
- 1.00 PM **Lingo** Adil Ray hosts the word-based quiz.
- 2.00 **Tenable** Warwick Davis hosts as five family members from Southport take part in the quiz.
- 3.00 **Wheel of Fortune** Graham Norton hosts the game show.
- 4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
- 5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
- 6.00 **Lingo** Triple bill of the word-based quiz show.
- 9.00 **Supermarket Sweep** Rylan Clark hosts a revival of the supermarket-based game show.
- 10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
- 12.55 AM **Tenable** Quiz show.
- 1.50 **Riddiculous** Quiz show.
- 2.40 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

- 9.00 AM **American Pickers**
- 10.00 **Find It, Fix It, Flog It**
- 11.00 **Great B&B Challenge**
- 12.00 NOON **A Place in the Sun** Triple bill.
- 3.00 PM **Come Dine with Me**
- 5.30 **A Place in the Sun**
- 7.00 **Gogglebox**
- 8.00 **Martin & Roman's Irish Road Trip** 2/3. Exploring Meath and Dublin.
- 9.00 **24 Hours in A&E** Patients' relatives explain how they have faced challenges together.
- 10.00 **Surgery Secrets of the Super Rich** 5/6. Emma has a 9,500 nano-fat treatment to rejuvenate her under-eye shadows.
- 11.05 **Celebrity Gogglebox** Famous faces appraise *Clarkson's Farm.*
- 12.05 AM **Gogglebox**
- 1.05 **Social Media Monsters**
- 2.05 **Crime Scene Cleaners**
- 3.05 **Murder Case: The Digital Detectives**
- 4.05 **to 5.05** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Wednesday

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** 16&17/20. (S4)
4.00 **Stargate SG-1** 11/20. (S8)
5.00 **Star Trek: Voyager** 1/26. Part two of two. Janeway tries to free the Borg drones. (S7)
6.00 **Star Trek: Enterprise** 24/24. Captain Archer leads a team in a desperate bid to stop the Xindi superweapon from reaching Earth. (S3)

11.00 The Walking Dead

7.00 **Stargate Atlantis** *Trio:* 16/20. Carter, McKay and Keller are sent to help a village that is being rocked by tremors. (S4)
8.00 **Stargate SG-1** *Gemini:* 11/20. A duplicate of Colonel Carter asks for help to defeat the Replicator Fifth. (S8)
9.00 **Resident Alien** *The Alien Within:* 12/16. Harry and Asta find out about the origins of Goliath. (S2)
10.00 **Grimm** *Tree People:* 9/13. Nick, Hank and Wu investigate claims that a man was consumed by a tree-like Wesen. (S6)
11.00 **The Walking Dead** 5/16. Negan and his Saviours adjust to realities of war. (S8)
12.00 M'T **Resident Alien** 11/16. Asta tells Dan about the shooting, while Harry learns what it takes to be a good friend. (S2)
1.00 AM **Warehouse 13** (S4)
3.00 **The Walking Dead** (S8)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S8)
9.00 **Shakespeare & Hathaway: Private Investigators** (S3)
10.00 **The Mentalist** 2/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S13)
2.00 **Murdoch Mysteries** (S8)
4.00 **The Mentalist** 2/22. (S6)
5.00 **Hudson & Rex** 5/8. A seven-year-old cold case is reopened. (S7)
6.00 **Body of Proof** 6/20. A champion equestrian is found dead in the woods. (S2)

8.00 Bookish

7.00 **Private Eyes** *Shadow of a Doubt:* 18/18. Shade and Angie are hired to recover a faulty prototype for a new energy source. (S2)
8.00 **Bookish** *Such Devoted Sisters – Part One:* 5/6. When an army captain is a poisoned, there are multiple suspects – including Trottie. (S1)
9.10 **Death in Paradise** *As the Sun Sets:* 5/8. Marlon is attacked while going to help an old friend. (S13)
10.10 **Father Brown** *The Blessing of the Father:* A would-be killer seems set to ruin Mrs Devine and Sullivan's wedding day.
11.10 **Private Eyes** As 7.00pm.
12.10 AM **Shakespeare & Hathaway: Private Investigators** 8/10. Frank and Lu investigate a mysterious car accident. (S3)
1.10 **Death in Paradise** As 9.10pm.
2.10 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Ever Decreasing Circles**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Ever Decreasing Circles**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

7.00 Only Fools and Horses

7.00 **Only Fools and Horses** Uncle Albert has a nasty fall into the pub cellar.
7.40 **Dad's Army** Mainwaring organises a dance in a bid to boost platoon morale.
8.20 **Are You Being Served?** Mrs Slocombe takes charge of the department while Mr Rumbold is ill.
9.00 **Porridge** Godber enters the prison boxing championships.
9.40 **The Office** David is headhunted by a public speaking agency.
10.20 **Not Going Out** Lucy runs over a pet rabbit belonging to a client's daughter.
11.00 **Mrs Brown's Boys**
11.40 **Porridge** As 9.00pm.
12.20 AM **The Office** As 9.40pm.
1.00 **Not Going Out** As 10.20pm.
1.40 **Mrs Brown's Boys**
2.30 **Don't Wait Up**
2.55 **Keeping Up Appearances**
3.25 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.20 AM **Top Gear**
8.10 **Border Force: America's Gatekeepers** Double bill.
10.15 **Rick Stein's Cornwall**
11.20 **Yukon Gold** Documentary.
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Guy Martin: Proper Jobs**
4.00 **Hairy Bikers' Best of British**
5.00 **Rick Stein's Cornwall** Four editions, including at: **6.00** A visit to a tea plantation. **6.30** Rick heads to one of the UK's last live cattle markets.

7.00 Mortimer & Whitehouse

7.00 **Mortimer & Whitehouse: Gone Fishing** From North Uist in the Outer Hebrides.
7.40 **Would I Lie to You?** With Greg Davies, Alex Jones, John Cooper Clarke and Rick Edwards. **8.20** With Richard Osman, Germaine Greer, Jermaine Jenas and Alan Davies.
9.00 **QI XL** Sandi Toksvig hosts a volatile edition, with panellists Aisling Bea, Mark Watson, Michelle Wolf and Alan Davies.
10.00 **Have I Got a Bit More News for You** Stephen Mangan hosts the quiz, with guests Chloe Petts and Andy Hamilton.
11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Cally Beaton.
3.00 **Richard Osman's House of Games** With Trevor Nelson.
3.30 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.15 AM **The Bill**
8.10 **Doctors**
9.20 **Classic Holby City**
10.40 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Classic Neighbours**
3.00 **Whitstable Pearl**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** The trio hit on a solution to their transport problems. **6.40** Compo tries to infiltrate Nora Batty's bedroom.

8.00 The Chelsea Detective

7.20 **Last of the Summer Wine** Clegg uses his metal detector to search the Pennines for treasure.
8.00 **The Chelsea Detective** *Everyone Loves Chloe – Part One:* 1/6. A former pop star is found dead days before Christmas.
9.00 **The Chelsea Detective** *Everyone Loves Chloe – Part Two:* 2/6. Max and Layla investigate a string of potential suspects. (S3)
10.00 **New Tricks** *Coming Out Ball:* A former Irish dissident sheds light on the 1983 abduction of an 18-year-old woman.
11.20 **Luther** 3/4. Luther realises a vigilante killer is on the loose, targeting people who have a criminal record. (S3)
12.40 AM **Lovejoy**
1.50 **Sister Boniface Mysteries**
2.50 **to 4.00** AM **The Chelsea Detective**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S1&2)
11.55 **Law & Order** (S6&7)
6.00 PM **NCIS** *Witness:* 14/23. A woman claims to have witnessed a murder. **7.00** *Caught on Tape:* 15/23. The team investigate the discovery of a US Marine's body at the foot of a cliff. **8.00** *Pop Life:* 16/23. A bartender wakes up next to a corpse. (S2)
9.00 **Prodigal Son** *Pilot:* 1/20. Crime drama starring Tom Payne and Michael Sheen. **10.00** *Annihilator:* 2/20. Malcolm jumps at the chance to help Arroyo solve a quadruple homicide. (S1)
11.00 **Law & Order: Special Victims Unit** (S19)
1.00 **to 3.50** AM **Law & Order: Special Victims Unit**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** Dr Aireen Abdul-Razak is puzzled by a teenage patient.
9.00 **FILM Transporter 2** Action thriller sequel. (2005, 15, 88min) ★★★
10.45 **Special Forces: Most Daring Missions** The British soldiers held hostage by Sierra Leone's West Side Boys.
11.40 **Scam City** New York.
12.45 AM **Cold Case Killers**
1.45 **Police Interceptors**
3.25 **Friends** 23/24. (S9)
3.45 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.20 **Police Interceptors**
11.20 **Gunsmoke** (S13)
12.25 PM **FILM Seven Men from Now** Western. (1956, U, 77min) ★★★
2.05 **FILM Run for Cover** Western. (1954, PG) ★★
4.00 **Highway Thru Hell**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors** A suspect assaults Steve. **7.00** The firearms team are involved in a doorstep showdown.
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police: Night Shift 999**
11.00 **The X-Files** 2/22. (S6)
12.00 M'T **World's Deadliest Weather: Caught on Camera** Hurricanes.
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **Property Brothers: Forever Homes**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
5.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Internet sensation Victoria Minell sets the contestants a culinary challenge.
8.00 **Pete Wicks: For Dogs' Sake** Pete meets Staffy Boxer cross Crumble, who's been at the centre for over three years.
9.00 **Signora Volpe** *A Deadly Net:* 2/3. Sylvia poses as the PA for a diplomat's widow at her villa. (S2)
11.00 **First Responders**
12.00 M'T **Lies, Deceit and Betrayal** Documentary.
1.00 **to 3.00** AM **Don't Hate Your House with the Property Brothers**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Secret Nazi Bases**
11.00 **The World at War**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **The World at War**
6.00 **Antiques Roadshow**
7.00 **The Blue Planet** Marine predators and prey.
8.00 **Michael Palin: Travels of a Lifetime** The making of *Full Circle*, a journey around the Pacific Rim.
9.00 **Simon Reeve's South America** A journey from Chile's Atacama Desert to Tierra Del Fuego.
10.00 **Bangers & Cash**
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Florida.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters: The Restorers** Triple bill.
10.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **Celebrity Yorkshire Auction House**
2.00 **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Who Do You Think You Are?** With Matt Lucas.
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House** Angus examines an eclectic collection.
8.00 **Antiques Road Trip**
9.00 **Long Lost Family**
10.00 **Who Do You Think You Are?** Paddy McGuinness.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

WEDNESDAY Entertainment

Wednesday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S7)
9.00 **Bramwell** 1/8. (S2)
10.00 **The Irish RM** 2/6. (S2)
11.00 **Little House on the Prairie** 9&12/23. (S3)
1.00 PM **The Waltons** (S7)
4.00 **Little House on the Prairie** 9&12/23. (S3)
6.00 **The Irish RM** 2/6. (S2)
7.00 **M*A*S*H** 1/24. The camp is on its best behaviour. **7.30** 2/24. General Clayton's car is bombed. **8.00** 3/24. Hot Lips and Frank refer Klinger to a psychiatrist. **8.30** 4/24. A village is destroyed. (S2)
9.00 FILM **All Creatures Great and Small** Comedy drama. (1974, PG, 87min) ★★★
11.00 **M*A*S*H** 1–4/24. (S2)
1.00 AM **Rising Damp** (S2)
1.30 **Man About the House**
2.00 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **Raiders of the Lost Art** *The Woman in Gold.*
10.00 **Murder Maps**
11.00 FILM **Lone Rider** Western starring Lou Diamond Phillips. (2008, PG, 80min) ★★
12.50 PM **The Unit** 10/23. (S2)
1.50 **Burn Notice** (S3&4)
3.50 FILM **Battle for the Skies** Drama starring Nicholas Van Der Bijl. (2013, 15, 98min) ★★
6.00 **The Unit** 10/23. (S2)
7.00 **Burn Notice** (S3&4)
9.00 FILM **Eliminators** Thriller starring Scott Adkins and Daniel Caltagirone. (2016, 15, 94min) ★★
11.00 **The Avengers** (S5)
12.00 M'T **The New Avengers**
1.00 AM **The Persuaders!**
2.00 FILM **Meteor Storm** Sci-fi action thriller starring Michael Trucco. (2010, 12, 90min) ★
3.35 **Coast Guard Alaska**
4.20 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Haunted Harmony Mysteries: Buried At C** (2025) ★★
10.05 FILM **Morning Show Mysteries: Murder on the Menu** (2018) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S5)
2.00 **Castle** 4/24. (S5)
3.00 **Diagnosis Murder** (S6)
5.00 **Murder, She Wrote**
7.00 **Castle** 5/24. (S5)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** 4/8. (S5)
10.00 FILM **Morning Show Mysteries: Countdown to Murder** Drama. (2019, PG, 83min) ★★
11.55 FILM **Aurora Teagarden Mysteries: Til Death Do Us Part** Crime drama. (2021, PG, 85min) ★★
1.50 AM FILM **The Daughter Stalker** Crime thriller. (2020, PG, 86min) ★★
3.25 **to 5.00** AM FILM **Forgotten Abduction** Thriller. (2020, PG) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM FILM **Same Time Next Week** Drama. (2016, PG, 90min) ★★
10.05 FILM **Sunrise in Heaven** Drama. (2019, PG) ★★
12.00 NOON FILM **Love, Again** Drama. (2015) ★★★
2.00 PM FILM **Never Too Late to Celebrate** Drama. (2023, PG, 85min) ★★
3.50 FILM **Wedding at the Hamptons** Drama. (2022, PG, 90min) ★★
5.50 FILM **Pearl in Paradise** Romantic comedy. (2018, PG, 90min) ★★
7.50 FILM **Two Chefs and a Wedding Cake** Romance. (2022, U, 91 min) ★★
9.50 FILM **Hearts in the Game** Romantic drama. (2023, PG, 84min) ★★
11.45 FILM **Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Never Too Late to Celebrate**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** In Essex.
1.00 PM **The Greatest Auction** With AJ Odudu.
2.00 **Lake District Rescue**
3.00 **Garden Rescue**
4.00 **Stuart Farm: Green Valley Tales**
4.45 **This Farming Life**
6.00 **The Greatest Auction**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **Lake District Rescue** A man suffers a broken leg on Scafell Pike.
10.00 FILM **On the Game** Comedy starring Lloyd Lamble and Gloria Maley. (1974, 18, 88min) ★★
11.45 **Musketeer** Short drama.
12.00 M'T FILM **School For Sex** Comedy with Rose Alba. (1969, 18, 80min) ★★
1.45 AM **Real Thick Glasses**
2.00 **Lake District Rescue**
3.00 **Love Your Garden**
4.00 **to 5.00** AM **The Greatest Auction**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor in Charge** (S1)
10.30 **The Upper Hand** (S1)
11.00 **The Gaffer** 5/6. (S1)
11.30 **Only When I Laugh**
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company**
1.30 **Agony** 2/7. (S2)
2.00 **Second Thoughts** (S4)
2.30 **The Gaffer** 5/6. (S1)
3.00 **Only When I Laugh**
3.30 **Randall and Hopkirk...**
4.30 **Old Country** 9/20. (S2)
5.00 **Stereo Underground**
6.00 **Danger Man** (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase** (S1)
8.30 **Randall and Hopkirk (Deceased)** 14/26. (S1)
9.30 **The New Statesman**
10.00 FILM **Bad Girls from Mars** (1990, 18) ★★
11.35 FILM **Game Show Models** (1977, 18) ★★
1.25 AM **Stereo Underground**
2.25 **Rik Mayall Presents**
3.30 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Curse of the Bermuda Triangle**
1.00 PM **Expedition Unknown**
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters**
9.00 **Tiny House, Big Living** New editions A couple hope to create a three-level home. **9.30** A home with the character of Charleston. **10.00** An off-grid house in northern Idaho. **10.30** A woman wants to build a house to park on her parent's property.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's French Adventure**
7.00 **Hairy Bikers Go Local**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Comfort Food**
10.00 **Barefoot Contessa – Back to Basics**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go Local**
4.00 **Jamie's Comfort Food**
5.00 **The Pioneer Woman**
6.00 **James Martin's Islands to Highlands**
7.00 **The Great British Bake Off** Double bill.
9.00 **Sophie Grigson: Slice of Italy** Double bill.
10.00 **Jamie Cooks Italy** Authentic Sicily dishes. **10.30** From Tuscany.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 13/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 7/22. (S3)
11.00 FILM **Geo-Disaster** Sci-fi action drama. (2017, 12, 90min) ★
1.00 PM FILM **Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
3.00 FILM **The Day of the Triffids** Sci-fi chiller. (1962, 12, 95min) ★★
5.00 **Star Trek** 20/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 8/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Texas Rangers** Western adventure. (2001, 12, 86min) ★★
10.50 FILM **Killing Field** Thriller with Bruce Willis. (2021, 15, 97min) ★★
12.50 AM FILM **Machete** Thriller with Danny Trejo. (2010, 18, 104min) ★★★
2.50 **to 4.55** AM FILM **8 Million Ways to Die** Thriller. (1986, 18) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Troy: The Odyssey** Fantasy. (2017, PG, 90min) ★★
11.00 **Andromeda** (S4)
12.00 NOON **The Poseidon Adventure** 1&2/4. (S1)
2.00 PM FILM **Triassic Hunt** Action adventure starring Michael Pare. (2021, 15, 86min) ★★
4.00 **Walker, Texas Ranger**
5.00 **The Poseidon Adventure** 1&2/4. (S1)
7.00 **Andromeda** 1/22. (S5)
8.00 **The A-Team** 17/25. (S3)
9.00 FILM **Below** Horror thriller starring Olivia Williams, Matt Davis and Bruce Greenwood. (2002, 15, 101min) ★★★
11.10 FILM **The Family** Thriller starring Charles Bronson and Telly Savalas. (1970, 18, 108min) ★★
1.15 AM FILM **Below** (2002)
3.20 **The Poseidon Adventure** 1&2/4. (S1)
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Carlisle.
6.45 **Pawn Stars Do America**
7.30 **Storage Wars Canada**
8.25 **Storage Hunters**
9.20 **Canadian Pickers**
1.05 PM **Pawn Stars Do America** San Francisco.
2.05 **Storage Wars Canada**
3.05 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Junk & Disorderly**
7.00 **Dickinson's Real Deal** From Oldham in Greater Manchester. **8.00** From Coalville in Leicestershire.
9.00 **What on Earth?**
11.00 **Secrets in the Dark**
12.00 M'T **Mysteries from Above** Documentary.
1.00 AM **Evidence of the Unexplained**
2.00 **Court Cam** Double bill.
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **The Yorkshire Vet: Back to the '70s**
11.00 **All Creatures Great and Small** 3/7. (S6)
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Somerset: Wonder of the West Country**
6.00 **Abandoned Engineering**
7.00 **Ben Fogle: New Lives in the Wild** The host journeys to America's frozen Pacific Northwest. **8.00** Ben travels to one of the wildest and least visited parks in Africa.
9.00 **Angela Rippon's River Cruises** Angela travels along the Mekong.
10.00 **Keeping Faith** 6/6. DI Breeze gives Evan an ultimatum. (S2)
11.05 **Prisoner: Cell Block H**
1.05 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Abandoned Engineering**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Anton Du Beke.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?** Quiz.
2.00 **Bridge of Lies** Quiz.
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** With Una Stubbs.
6.00 **Tenable** Quiz show.
7.00 **The Chase: I'm a Celebrity Special**
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With Jo Whiley and Marcus Brigstocke.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 NEW SERIES **Most Extreme Humans** The story of a man whose hands are 20 times bigger than normal.
10.00 **The 600lb Diaries with Dr. Now** New edition Twins Destinee and Dynastiee are determined to get healthy with some help.
11.00 **Dr Pimple Popper: Breaking Out**
12.00 M'T **The Middle**
1.30 AM **Dr Pimple Popper: Breaking Out**
2.30 **My 600lb Life**
4.30 **Say Yes to the Dress: UK** Reality series.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **The Upper Hand**
9.00 **Everybody Loves Raymond** (S8)
11.00 **Sabrina the Teenage Witch** 9–12/24. (S1)
1.00 PM **Friends** (S3)
7.00 **Friends** 21/25. Ross makes a sacrifice. **7.30** 22/25. Joey's play gets terrible reviews. **8.00** 23/25. Ross finds a growth on his buttocks. **8.30** 24/25. Guest stars Robin Williams. (S3)
9.00 **Michael McIntyre's Big Show** With Eric Cantona.
10.00 **8 Out of 10 Cats**
10.50 **8 Out of 10 Cats: Best Bits** Extended highlights.
11.40 **Whose Line Is It Anyway? USA**
12.40 AM **South Park**
3.10 **Dragony Aunts** (S2)
3.25 **Modern Horror Stories**
3.30 **Michael McIntyre's Big Show** With Eric Cantona.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S8)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Spin City** 6&7/24. (S1)
11.00 **Friends** (S5&6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Everybody Loves Raymond** (S8)
6.00 **The Upper Hand** Double bill. (S2&1)
7.00 **Sabrina the Teenage Witch** 9–12/24. (S1)
9.00 **Rhod Gilbert's Growing Pains** Rosie Jones, Eshaan Akbar and Jordan Gray revisit their teenage years.
10.00 **South Park**
1.00 AM **Mike Judge's Beavis and Butt-Head**
2.00 **Most Ridiculous**
3.00 **Spin City** 6&7/24. (S1)
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

56 42

8.00 AM **Highlights**
10.20 **Bread** 4/10. (S8)
10.55 **Steptoe and Son** (S3)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S3)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 8/13. Drama. (S1)
2.40 **Minder** 4/10. (S5)
3.50 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Bread** 4/10. (S8)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.05 **Rising Damp** 3/7. (S3)
6.40 **Steptoe and Son** (S4)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 12/13. (S2)
9.00 **Benidorm** 3/9. (S10)
9.55 **Shameless** 1/16. (S7)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.05 AM **Benidorm** (S10)
1.00 **Minder** 3/6. (S7)
2.05 **Duty Free** 6/7. (S3)
2.30 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 8/13. (S2)
6.20 **Teen Mom 2**
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Catfish: The TV Show**
10.00 **Judge Judy**
12.00 NOON **Charmed** (S1)
2.00 PM **Catfish: The TV Show** Reality series.
3.00 **Judge Judy**
5.00 **Charmed** 15&16/22. (S1)
7.00 **Teen Mom: The Next Chapter** The mums celebrate at a wedding.
8.00 **Judge Judy**
9.00 **Just Tattoo of Us** Christian and Megan teach each other lesson.
10.00 **Ink Master**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition The team show the importance of paying attention.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

19 August **Wednesday**

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Aquarium**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** The production of bacon, snowblowers and luxury cars. **4.30** Automatic transmissions and hot-air balloon baskets.
5.00 **Alaska: Homestead Rescue** In Tennessee's Smoky Mountains, a family's homestead is failing.

10.00 Mighty Truckers

7.00 **Wheeler Dealers** A young mechanic aims to gather experience by working on a 1980s Ford Mustang GT.
8.00 **Wheeler Dealers** Mike Brewer and Edd China aim to transform an old Chevy Corvair into an eye-catching beach cruiser.
9.00 **Wheeler Dealers** Mike finds the perfect starter classic, a low mileage 1989 Audi Coupe, and fix it up for a test drive.
10.00 **Mighty Truckers** New edition An insight into the challenges of being a truck driver.
11.00 **Expedition X** The team continue their investigation into claims of alien activity in Norway's Hessdalen Valley.
12.00 M'T **Deadliest Catch**
2.00 AM **Mighty Truckers**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** Bizarre requests.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** Double bill.
5.00 **Lone Star Law** The Texas game wardens fighting crime and protecting the state's natural resources.
6.00 **Dr Jeff: Rocky Mountain Vet** The team are faced with an cat with kidney disease and battle to save a dog hit by a car.

10.00 Alaskan Bush People

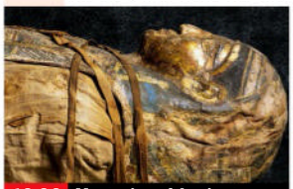
7.00 **Treehouse Masters: Out on a Limb** A 1,000 sqft 'Texan man cave' treehouse with a 600lb custom meat smoker.
8.00 **Rugged Justice** The KED unit deal with three bear cubs on the loose, while covert operations uncover illegal poachers.
9.00 **Alaska: The Last Frontier** The Kilcher family are determined not to let a storm ruin their Christmas plans.
10.00 **Alaskan Bush People** The Browns rekindle their lust for adventure as they await news of Ami's treatment options.
11.00 **Mountain Monsters**
12.00 M'T **Crikey! It's the Irwins** Robert works with Bosco, an aggressive crocodile.
1.00 AM **The Pool Master**
2.00 **Treehouse Masters: Out on a Limb** As shown at 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering by Catastrophe**
11.00 **Car S.O.S** A Vauxhall Cavalier.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Hitler's Last Stand** Double bill.
4.00 **Lost Treasures of Egypt**
5.00 **Drain the Oceans** Looking for remains of the Cold War including a long-lost US base and sunken Soviet submarine.
6.00 **Planes that Changed History** How the DC-3 reshaped flight in the 1930s, and was adapted into the C47 in World War Two.



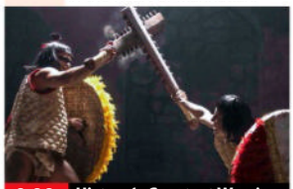
10.00 Mysteries of Ancient...

7.00 **Air Crash Investigation** An investigation into the crash in the Himalayas is derailed when evidence proves inconclusive.
8.00 **Lost Treasures of Ancient Greece** Teams of archaeologists search for the truth behind the legend of the Trojan War.
9.00 **Hidden Beneath the Cities** Archaeologists reveal the Tomb of Cerberus, a chamber sealed in volcanic rock.
10.00 **Mysteries of Ancient Medicine** New edition A community in the Alps that defied science with a toxic supplement.
11.00 **Air Crash Investigation** The investigation into a US military jet that crashed in Croatia.
12.00 M'T **Amsterdam Central 24/7**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War** Estimating the value of a derringer pistol.
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

Sky History

123/124 115/116 131 353 368

6.00 AM **Close Encounters**
6.30 **Greatest Prison Escapes with Billy Hayes** Triple bill.
9.15 **Pawn Stars** A strange fossil.
10.10 **Junk & Disorderly**
11.05 **Storage Wars** Double bill.
12.00 NOON **Rust Valley Restorers**
1.00 PM **Storage Wars**
2.00 **Storage Hunters** Eight editions, including at: **5.30** Brandon and Lori look what is inside a locked coffin.
6.00 **American Pickers** Mike and Jersey pick a shop of wonder in the heart of Manhattan.



9.00 History's Greatest Warriors

7.00 **Forged in Fire** Two previous champions face off in a five-hour challenge to make a blade inspired by Hollywood.
8.00 **Rust Valley Restorers** Mike Hall helps to restore a Super Bee, struggles to sell some cars, and hunts for a new place to live.
9.00 **History's Greatest Warriors** New edition How the Aztecs built elite warriors out of 10- and 11-year-old children.
10.00 **Airport Security: USA** San Francisco officers learn that a passenger is trying to smuggle cannabis to Britain.
11.00 **Airport Security: USA** In Atlanta, officers find two large bottles of liquid that could be the date rape drug GBL.
12.00 M'T **Storage Hunters**
1.50 AM **Rust Valley Restorers**
2.50 **History's Greatest Warriors**
3.40 **Pawn Stars** A camera that shot the first footage of Elvis.
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2010s**
7.00 **Discovering: John Malkovich**
8.00 **The Directors**
9.00 **Stax: Soulsville USA**
10.00 **The Story of Late Night**
10.55 **Celtics City**
12.00 NOON **Being Mary Tyler Moore** Documentary.
2.20 PM **I Am Luke Perry**
4.00 **The Directors**
5.00 **Discovering: John Malkovich**
5.00 **The Loneliest Whale: The Search for 52** A rare whale that calls out at a frequency unrecognised by other whales.

8.00 Black Widow

The Loneliest Whale: The Search for 52 (started at 6.00pm) — 7 PM
8.00 **Black Widow** 1/3. The story of Dena Thompson, who carried out a sustained campaign of fraud, bigamy and murder. — 8 PM
9.00 **Black Widow** 2/3. Police believe Lee Wyatt could be the key to solving Julian Webb's death. — 9 PM
10.00 **Black Widow** 3/3. The police execute a warrant for Dena Thompson's arrest and detectives begin to join the dots. — 10 PM
11.00 **Premier League 360: Big Sam's Bolton** A look at Sam Allardyce's iconic Bolton team of the early 2000s in the Premier League.
1.00 AM **The Great Rhino Robbery** 1-3/3. Investigating the illegal trade in rhino horn.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: John Malkovich**

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Anita Manning and Raj Bisram head to Suffolk, Kent and Surrey.
8.00 **The Yorkshire Auction House** Double bill.
10.00 **The Repair Shop** The team fix up a radio hidden inside a book.
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Faking It: Tears of a Crime** Chris Parker.
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
10.00 **Crime Scene Investigators** A school superintendent is killed.
11.00 **Forensic Factor: A New Era** Misty Morse is found in the Indian River.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** Documentary.
8.00 **UK Crime Files: Brighton Trunk Murders** Exploring how the bodies of two women are found in cars.
9.00 **UK Crime Files: The Hotelier and the Hitman** How a hotelier gets away with murder.
10.00 **Murder UK** The case of Hollie Gazzard.
11.00 **Secrets of a Murder Detective**
12.00 M'T **UK Crime Files: Brighton Trunk Murders**
1.00 AM **UK Crime Files: The Hotelier and the Hitman** As 9.00pm.
2.00 **Murder UK**
3.00 **Britain's Countryside Killers** Documentary.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Child Killers**
9.55 **UK Crime Files: Murder of the Secret Millionaire**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Seaside Strangler**
3.00 **UK Crime Files: Double Murders** A look into an apparent suicide plot.
4.00 **Killers: Caught on Camera** Documentary.
5.00 **Medical Detectives** The disappearance of a girl. **5.30** The disappearance of a young dancer. **6.00** The poisoning of Phillip Rouss Jr. **6.30** The disappearance of a six-year-old girl.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Law & Disorder** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **The Force: Manchester**
11.00 **Caught on Dashcam**
12.00 NOON **Catching the Killer** True-crime.
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Britain's Most Evil Killers**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **Murdered at First Sight**
10.00 **Murder Nation** New edition
11.00 **How I Caught the Killer**
12.00 M'T **Killer in My Village**
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Stop, Search, Seize**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **World of Stonehenge**
9.20 **The Stuarts**
10.35 **Dad's Secret War: France 1944**
11.50 **The Truth About Franco: Spain's Forgotten Dictatorship**
1.00 PM **Weathered: Earth's Extremes**
1.35 **World of Stonehenge**
2.40 **The Stuarts**
3.50 **Dad's Secret War: France 1944**
5.00 **The Truth About Franco: Spain's Forgotten Dictatorship**
6.15 **World of Stonehenge**
7.20 **The Stuarts**
8.30 **Dad's Secret War: France 1944**
9.40 **The Truth About Franco: Spain's Forgotten Dictatorship**
10.55 **The Stuarts**
12.00 M'T **Dad's Secret War: France 1944**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Wednesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Great Parks of Africa**
7.00 **Monkey Life** Double bill.
8.00 **Tales from Zambia**
9.00 **Shark Squad**
10.00 **Gangs of Baboon Falls**
11.00 **Nomads of the Serengeti**
12.00 NOON **Secrets of the Enchanted Forests**
1.00 PM **Monkey Life**
2.00 **Tales from Zambia**
3.00 **Shark Squad**
4.00 **Gangs of Baboon Falls**
5.00 **Nomads of the Serengeti**
6.00 **Secrets of the Enchanted Forests** Diverse woodlands.
7.00 **Monkey Life** Double bill.
8.00 **Big Cat Country** The four nomadic males head south.
9.00 **Wildest New Zealand**
10.00 **Secrets of the Enchanted Forests** Diverse woodlands.
11.00 **Nomads of the Serengeti**
12.00 M'T **Rooted**
1.00 AM **Great Parks of Africa**
2.00 **Big Cat Country** As 8.00pm.
3.00 **Wildest New Zealand**
4.00 **Tales from Zambia**
5.00 **to 6.00** AM **Shark Squad**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Nostradamus Effect**
9.00 **History of Weapons**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens** Seven editions.
6.00 PM **Mystery Places** A tour of the Danakil Desert in Ethiopia.
7.00 **Alien Files: Unsealed** Theories about aliens living and working among humans.
8.00 **History of Weapons** The evolution of short-range instruments of battle.
9.00 **Hazardous History with Henry Winkler** Dangerous work practices, from mercury-poisoned hat-makers to children crawling through chimneys.
10.00 **Rome: Rise and Fall of an Empire** The persecution of Christians by Emperor Decius.
11.00 **Ancient Aliens** Possible alien influences on human rituals.
12.00 M'T A fortress in Peru believed to be built by aliens.
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens** Triple bill.
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Extreme Engineering**
1.00 PM **Blowing Up History**
3.00 **How the Universe Works**
6.00 **How It's Made: Dream Cars** The crew visit the birthplace of the Morgan 3-Wheeler.
6.30 The inner workings of the Ginetta and Team LNT.
7.00 The Lucra LC470.
7.30 The birthplace of the Chevrolet Corvette Stingray.
8.00 The crew visit the birthplace of the KTM X-Bow.
8.30 The crew visit the birthplace of the Tesla Model S.
9.00 **In Search of Monsters** New evidence of the Ozark Howler.
10.00 How a Vietnam War pilot may have returned home with a secret cargo.
11.00 **Expedition X** The team explore an abandoned outpost in the Amazon rainforest.
12.00 M'T Phil and Jessica head to Lake Lanier.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Murdertown** Triple bill.
2.00 PM **Green Eyed Killers**
3.00 **The Real Murders of Atlanta**
6.00 **Homicide Hunter**
7.00 **The First 48** The discovery of a woman's body suggests a killer has struck in Harris County.
8.00 **Green Eyed Killers** A woman murdered by her boyfriend of less than three months.
9.00 **Cold Case Files** The serial killer known as the Grim Sleeper.
10.00 **Faces of Evil** Examining the nefarious deeds of some of the world's most infamous killers.
11.00 **Look What You Made Me Do**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Atlanta** Documentary.
2.00 **On the Case with Paula Zahn**
3.00 **The Real Murders of Atlanta**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Wild Hunters**
11.00 **World's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **The Hummingbird Effect**
3.00 **Africa's Big Five**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet** Double bill.
7.00 **Secrets of the Zoo** An onager and a bonobo are given a new lease of life by the zoo vets.
8.00 **Strangest Nature** Unusual wildlife from around the world.
9.00 Animals that dig underground, including dung beetles and worms that catch fish from the seabed.
10.00 **When Sharks Attack** A look into an unexpected and mysterious shark species.
11.00 **Inside Airport Lost & Found**
12.00 M'T **Africa's Deadliest**
1.00 AM **Casey and Brutus: Grizzly Encounters** Documentary.
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

161/172 147 181

7.00 AM **Egypt's New Tomb Revealed** As 8.00pm.
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Egypt's New Tomb Revealed** A gold coffin is unearthed.
9.00 **Paranormal Declassified** A secret US military program to develop super soldiers.
10.00 **How Do They Do It?** How deliveries are made to the International Space Station.
10.30 How to make a bicycle which can fold up to a tenth the size of a regular bike.
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Operation Gold Rush with Dan Snow** Documentary.
10.00 **Operation Grand Canyon with Dan Snow** Double bill.
12.00 NOON **1066: A Year to Conquer England**
1.00 PM **Operation Gold Rush with Dan Snow** Documentary.
2.00 **Operation Grand Canyon with Dan Snow** Double bill.
4.00 **1066: A Year to Conquer England** Events leading up to the Battle of Hastings.
5.00 **Bangers & Cash: Restoring Classics** Double bill.
7.00 **Bangers & Cash: Restoring Classics** The team invest in a 1971 Citroën DS21 Pallas.
8.00 A low mileage MGC.
9.00 Restoring a Reliant Robin.
10.00 A 1969 Morris Mini Cooper MkII is restored.
11.00 The team take on a 1939 three-wheeled Morgan F4.
12.00 M'T **Bangers & Cash: Restoring Classics**
5.30 **to 6.00** AM **Fred Dibnah's Age of Steam**

+1hour 266 376

ID

154 140 166

8.00 AM **Diabolical: Deadly Love**
12.00 NOON **Deadline: Crime with Tamron Hall** The host recalls a wave of late-night sexual assaults in Phoenix, Arizona.
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Homicide City**
6.00 **Homicide City: Charlotte**
7.00 **The Murder Tapes** Detectives investigate the death of a teenager with special needs.
8.00 When a 69-year-old man went missing in Michigan, neighbours seemed to be hiding information from police.
9.00 **Body Cam** How, one New Year's Eve, a domestic dispute ended in tragedy when two deputies were trapped with a gun-wielding suspect.
10.00 **American Detective with Lt Joe Kenda** A killer executes a seemingly perfect family.
11.00 **Murder Comes to Town**
1.00 AM **Before They Kill Again**
2.00 **Homicide City** Double bill.
4.00 **to 6.00** AM **The Murder Tapes**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers** Double bill.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **G.A.S. Extreme Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Locals in Minnesota compete.
9.00 **Goblin Works Garage** Auto-engineer Jimmy deVille works on an Escort Mk2 rally car.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Workshop** Richard helps a friend fulfil a childhood dream.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.40 AM **Signal One** As 4.10pm.
8.20 **Song Sung Blue** As 5.45pm.
10.35 **Tom and Jerry: Forbidden Compass** Animated family adventure. (2025, PG, 104min)
12.20 PM **Hamnet** As 8.00pm.
2.35 **Normal** As shown at 12.15am.
4.10 **Signal One** Sci-fi thriller starring Isabelle Fuhrman. (2026, 15, 87min) ★★★★
5.45 **Song Sung Blue** Drama starring Hugh Jackman. (2025, 12, 132min) ★★★

8.00 Hamnet

8.00 Hamnet Period drama starring Paul Mescal and Jessie Buckley. After losing their son to plague, Agnes and William Shakespeare grapple with grief. With Emily Watson, Joe Alwyn, Jacobi Jupe and Noah Jupe. (2025, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Mortal Kombat II Fantasy adventure sequel with Karl Urban. Several champions are pitted against one another in the ultimate battle to defeat the dark rule of Shao Kahn. (2024, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Normal** Action comedy starring Bob Odenkirk. (2026, 15, 91min) ★★★★
2.00 **Primate** Horror thriller. (2025, 18, 92min) ★★★
3.40 **Love Me** Drama with Steven Yeun. (2025, 15, 91min) ★★★
5.20 **to 7.05** AM **Lurker** Drama. (2025, 15, 100min) ★★★★

Sky Cinema Box Set

303 303 403 503 517

7.15 AM **Stuart Little 2** (2002)
8.35 **Annie** Musical remake. (2014, PG, 115min) ★★★
10.35 **Annie** (1982, U) ★★★
12.45 PM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
2.35 **Mamma Mia! Here We Go Again** Musical comedy sequel. (2018, PG, 114min) ★★★★
4.30 **American Pie** Comedy. (1999, 15, 96min) ★★★★
6.10 **American Pie 2** Comedy. (2001, 15, 106min) ★★★

4.30 American Pie

8.00 American Pie: The Wedding Comedy sequel starring Jason Biggs and Alyson Hannigan. The old friends rally round when two of the gang get married, but much goes wrong before the big day. (2003, 15, 96min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 American Reunion Comedy sequel starring Jason Biggs. The group of friends get together some 13 years after leaving high school. (2012, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
1.40 AM **Dumb and Dumberer: When Harry Met Lloyd** Comedy. (2003, 12, 85min) ★
3.10 **The Cinema List: Heroes**
3.30 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
5.15 **to 7.00** AM **Men in Black II** Sci-fi action comedy sequel. (2002, PG, 88min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Grease 2** Musical sequel. (1982, PG, 109min) ★★
8.00 **The Illusionist** As 2.50am.
10.00 **The Breakfast Club** Comedy drama. (1984, 15, 97min) ★★★★
11.45 **Catch Me If You Can** Steven Spielberg's crime adventure. (2002, 12, 141min) ★★★★★
2.10 PM **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★
4.10 **Hamnet** As shown at 10.15pm.
6.20 **Stand by Me** Nostalgic drama. (1986, 15, 89min) ★★★★★
8.00 **Bohemian Rhapsody** Biopic with Rami Malek. While Queen become one of the world's biggest bands, Freddie Mercury struggles with his personal life. (2018, 12, 134min) ★★★★
10.15 **Hamnet** Historical drama starring Paul Mescal and Jessie Buckley. After losing their son to plague, Agnes and William Shakespeare grapple with grief. (2025, 12, 125min) ★★★★
12.25 AM **A Star Is Born** Drama with Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★
2.50 **The Illusionist** Period mystery. (2006, PG, 110min) ★★★★
4.45 **to 6.30** AM **Six Minutes to Midnight** Historical thriller. (2020, 12, 99min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.30 AM **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
9.20 **Westworld** Sci-fi thriller. (1973, 15, 89min) ★★★★
11.00 **Die Alone** Zombie apocalypse drama. (2024, 15, 91min) ★★★★
12.45 PM **It** Horror with Bill Skarsgård. (2017, 15, 135min) ★★★★
3.10 **Total Recall** Sci-fi thriller remake starring Colin Farrell. (2012, 12, 113min) ★★★
5.10 **Blade Runner 2049** Thriller sequel starring Ryan Gosling. (2017, 15, 164min) ★★★★★
8.00 **Flash Gordon** Sci-fi adventure starring Sam J Jones, Melody Anderson and Max von Sydow. (1980, PG, 115min) ★★★
10.05 **The Exorcist** Occult horror chiller starring Max von Sydow, Linda Blair, Jason Miller and Ellen Burstyn. A priest battles to exorcise a powerful demon possessing a young girl. (1973, 18, 121min) ★★★★★
12.10 AM **It** As shown at 12.45pm.
2.30 **57 Seconds** Fantasy thriller starring Josh Hutcherson. (2023, 15, 99min) ★★★
4.15 **to 6.00** AM **The Crazies** Horror thriller remake starring Timothy Olyphant and Radha Mitchell. (2010, 15, 101min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.50 AM **The Wild Thornberrys Movie** (2002, U) ★★★★
8.30 **The Smurfs** (2011, U) ★★
10.20 **The Smurfs 2** Adventure. (2013, U, 104min) ★★
12.10 PM **Sonic the Hedgehog 3** Fantasy. (2024, PG) ★★★
2.05 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
3.50 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
6.00 **Ghostbusters: Afterlife** Comedy. (2021, 12) ★★★★

8.05 **The Lord of the Rings: The Two Towers** Epic fantasy adventure continuing JRR Tolkien's mythical saga, starring Elijah Wood, Ian McKellen and Viggo Mortensen. As the power of the evil Sauron continues to grow, threatening to overwhelm Middle Earth, the fellowship of the ring dissolves. (2002, 12, 179min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Hook** Fantasy adventure. (1991, U, 140min) ★★★
1.30 AM **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
3.15 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy adventure sequel. (2016, 12, 112min) ★★★
5.10 **Sky Cinema Preview**
5.55 **to 7.35** AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12, 98min) ★★

Sky Cinema Action

306 306 407 507 521

6.40 AM **Transformers** Adventure. (2007, 12, 144min) ★★★★
9.10 **Transformers: Revenge of the Fallen** (2009, 12) ★★★
11.50 **Transformers: Dark of the Moon** Sci-fi adventure sequel. (2011, 12, 154min) ★★★
2.30 PM **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★
5.20 **Transformers: The Last Knight** Sci-fi adventure sequel. (2017, 12, 155min) ★★

8.00 **Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Inglourious Basterds** Quentin Tarantino's darkly comic World War Two action thriller with Brad Pitt, Mélanie Laurent and Christoph Waltz. (2009, 18, 153min) ★★★★
3.00 **The Mummy Returns** Action adventure sequel starring Brendan Fraser, Rachel Weisz, John Hannah and Oded Fehr. (2001, 12, 129min) ★★★★
5.25 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

7.20 AM **Big Daddy** (1999) ★★★
8.55 **Marmaduke** As 3.45am.
10.35 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
12.05 PM **Ace Ventura: When Nature Calls** (1995, PG) ★★★
1.45 **Police Academy** (1984) ★★★
3.25 **Police Academy 2: Their First Assignment** (1985) ★★
4.55 **Police Academy 3: Back in Training** Comedy. (1986, PG) ★
6.25 **Billy Madison** Comedy. (1995, PG, 90min) ★★

8.00 **Kindergarten Cop** Comedy thriller starring Arnold Schwarzenegger as a detective who goes undercover disguised as a playschool teacher. With Penelope Ann Miller and Carroll Baker. (1990, 15, 111min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

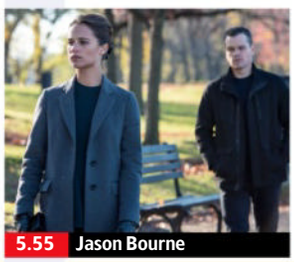
9.55 **Notting Hill** Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner hesitantly woos a Hollywood movie star. (1999, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **You've Got Mail** Romantic comedy starring Tom Hanks and Meg Ryan. (1998, PG, 114min) ★★★
2.05 **Risky Business** Comedy drama starring Tom Cruise. (1983, 18, 98min) ★★★★
3.45 **Marmaduke** Family comedy. (2010, U, 99min) ★★★
5.20 **to 7.15** AM **Kindergarten Cop**

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Maggie Moore(s)** Comedy thriller. (2023, 15, 99min) ★★★
7.45 **Lethal Weapon 2** Thriller. (1989, 15, 110min) ★★★★
9.40 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
11.45 **Snatch** (2000, 18) ★★★★
1.30 PM **The Perfect Storm** Drama. (2000, 12, 129min) ★★★★
3.40 **The Bourne Legacy** Thriller. (2012, 12, 129min) ★★★
5.55 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★



8.00 **Lethal Weapon 3** Action comedy thriller sequel starring Mel Gibson and Danny Glover. The mismatched LA cop partners pursue a violent gunrunner. With Rene Russo and Joe Pesci. (1992, 15, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Safe House** Action thriller starring Ryan Reynolds and Denzel Washington. A rookie CIA agent goes on the run in South Africa with a rogue spy as his prisoner. (2012, 15, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Fatal Attraction** Thriller starring Michael Douglas, Glenn Close and Anne Archer. (1987, 15, 120min) ★★★★
2.20 **Basic Instinct** Erotic thriller. (1992, 18, 128min) ★★★★
4.30 **to 6.30** AM **Promising Young Woman** Crime thriller. (2020, 15, 113min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Dora and the Lost City of Gold** Live-action adventure. (2019, PG, 102min) ★★★
1.05 PM **Journey to the Centre of the Earth** Fantasy adventure. (1959, U, 132min) ★★★
3.55 **Von Ryan's Express** World War Two action drama. (1965, PG, 117min) ★★★★
6.25 **Moonfall** Sci-fi thriller, starring Patrick Wilson and Halle Berry. (2022, 12, 130min) ★★★

Moonfall (film started at 6.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Fury** War drama starring Brad Pitt and Shia LaBeouf. A veteran American sergeant leads a tank crew on one final dangerous mission in the last months of World War Two. With Logan Lerman, Michael Peña and Jon Bernthal. (2014, 15, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 PM **to 2.50** AM **PREMIERE** **The Beast** French-Canadian sci-fi drama starring Léa Seydoux, George MacKay and Guslagie Malanda. In the near future, AI controls everyone's lives and has outlawed human emotions. Partly subtitled. (2023, 15, 146min) ★★★
See review, page 26.

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Animation

302 302 402 502 516

6.00 AM **Grand Prix of Europe** Animation. (2025, U) ★★★
7.45 **Mr Peabody & Sherman** Animation. (2014, U) ★★★★
9.25 **Dr Seuss' The Lorax** Animation. (2012, U, 86min) ★★★
11.00 **Playmobil: The Movie** Animation. (2019, U, 99min) ★★
12.45 PM **How to Train Your Dragon 2** Animated adventure sequel. (2014, PG, 102min) ★★★★
2.30 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
4.00 **Flushed Away** Animation. (2006, U, 85min) ★★★★
5.30 **Happy Feet** (2006, U) ★★★★
7.20 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
9.05 **Secret Life of Pets** Animation. (2016, U, 83min) ★★★
10.35 **Secret Life of Pets 2** Animated sequel. (2019, U, 86min) ★★★
12.05 AM **The Angry Birds Movie** Animation. (2016, U) ★★★
1.45 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
3.25 **Super Charlie** Animation. (2025, PG, 82min) ★★★
4.50 **to 6.30** AM **Chicken Run** Animated comedy adventure. (2000, U, 84min) ★★★★

Sky Cinema Greats

307 307 404 504 518

6.40 AM **Escape to Victory** War drama. (1981, PG, 111min) ★★★
8.40 **Terms of Endearment** Drama. (1983, 15, 132min) ★★★★★
10.55 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
1.05 PM **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
3.15 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
5.35 **Chaplin** Biopic of Charlie Chaplin, starring Robert Downey Jr. (1992, 15, 145min) ★★★
8.00 **Moulin Rouge** Biopic starring José Ferrer as 19th-century French artist Toulouse-Lautrec. (1952, PG, 120min) ★★★
10.05 **The Shawshank Redemption** Prison drama with Tim Robbins and Morgan Freeman. A mild-mannered banker convicted of murder forms an unlikely friendship with a fellow convict. (1994, 15, 142min) ★★★★★
12.30 AM **The End of the Affair** Drama starring Ralph Fiennes. (1999, 18, 101min) ★★★★
2.15 **Footloose** Teen musical. (1984, 12, 107min) ★★★
4.05 **The Cinema List: Remakes**
4.35 **to 6.35** AM **Tommy** Musical. (1975, 15, 111min) ★★★★

Disney+ Cinema

305 305

6.00 AM **The Little Mermaid** Animated musical adventure. (1989, U, 87min) ★★★★★
7.25 **George of the Jungle** Family comedy. (1997, U, 92min) ★★
9.00 **Ratatouille** Animated comedy. (2007, U, 106min) ★★★★★
10.50 **Mary Poppins Returns** Musical. (2018, U, 130min) ★★★★
1.05 PM **Brave** Animated adventure. (2012, PG, 93min) ★★★★
2.40 **National Treasure** Adventure. (2004, PG, 131min) ★★★★
4.50 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
7.15 **Maleficent** Fantasy adventure. (2014, PG, 97min) ★★★★
9.00 **A Complete Unknown** Biopic starring Timothée Chalamet. (2024, 15, 140min) ★★★★
11.20 **28 Weeks Later** Horror thriller sequel starring Robert Carlyle. (2007, 18, 99min) ★★★★
1.05 AM **Alien: Covenant** Thriller starring Katherine Waterston. (2017, 15, 117min) ★★★
3.10 **Nightbitch** Dark comedy with Amy Adams and Scoot McNairy. (2024, 15, 99min) ★★★
4.50 **to 6.00** AM **Bambi** Animation. (1942, U, 69min) ★★★★★

Movies 24

312 313 419

7.00 AM **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★
9.00 **Royal-Ish** Romantic drama. (2025, PG, 84min) ★★
11.00 **Mystery Island: Play For Keeps** Drama. (2025, PG, 90min) ★★
1.00 PM **Mystery Island: Winner Takes All** Drama with Elizabeth Henstridge and Charlie Weber. (2025, PG, 90min) ★★
3.00 **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★
5.00 **Sealed with a List** Romantic drama. (2023, PG, 84min) ★★
7.00 **The Love Issue** Romantic drama with Alicia Dea Josipovic. (2023, PG, 85min) ★★
9.00 **Hats Off to Love** Romantic drama starring Ginna Claire Mason and John Clarence Stewart. A hat designer falls for her client's horse trainer son as they both prepare for a big race. (2025, PG, 84min) ★★
11.00 **A Make or Break Holiday** Drama. (2025, U, 89min) ★★
1.00 AM **Lost In Paradise** Romantic drama. (2026, PG, 84min) ★★
3.00 **to 5.00** AM **Adventures in Love & Birding** (2025, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Melody Club** Musical. (1949, b/w, U, 64min) ★★
7.20 **What's on TPTV with Noel**
7.35 **The Smart Aleck** Comedy. (1951, b/w, PG, 58min) ★★
8.45 **Lunch Hour** Romantic comedy. (1962, b/w, PG, 64min) ★★
10.00 **The Woman in Green** Mystery. (1945, b/w, PG, 70min) ★★
11.20 **The Interrupted Journey** Thriller. (1949, b/w, PG) ★★
1.00 PM **The Buccaneers** (S1)
1.35 **Ring of Spies** Spy thriller. (1963, b/w, PG, 90min) ★★
3.20 **Look at Life** Documentary.
3.35 **I Couldn't Have Believed It!**
3.45 **Dial 999** 32/39. (S1)
4.20 **The End of the Affair** Romantic drama. (1955, PG, 106min) ★★
6.30 **Give Us a Clue**
7.00 **Out of Town** Documentary.
7.35 **Genevieve** Comedy drama. (1953, U, 83min) ★★★★★
9.20 **The Story of Esther Costello** Drama. (1957, b/w, PG) ★★
11.25 **Open Fire** Drama. (1994, 12) ★★
1.35 AM **The Resurrection of Zachary Wheeler** Sci-fi thriller. (1971, 12, 100min) ★★★
3.40 **Melodies of the Moment**
4.00 **Stagecoach West** 23/38. (S1)
5.00 **to 6.00** AM **The Man from UNCLE**

WEDNESDAY Sport 19 August

Sky Sports Main Event

401 401 501 419 439

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 9.00 **Good Morning Transfers**
- 10.00 **LIVE Test Cricket** England v Pakistan. Coverage of the opening day of the first Test in the three-match series staged at Headingley Cricket Ground in Leeds. This is England's first match in this format since Brendan McCullum was dismissed as head coach with Marcus Trescothick taking charge on an interim basis, and Joe Root replaced Ben Stokes as captain, having previously held the role between 2017 and 2022.
- 7.00 PM **LIVE WTA & ATP Tennis** Coverage of the seventh day of the Cincinnati Open, a hard-court tournament staged at Lindner Family Tennis Center in Mason, Ohio, where the last-16 is due to take place. Top seed and 2024 champion Jannik Sinner booked his place in last year's quarter-finals with a 6-4 7-6 win against Adrian Mannarino, while the number two seed Carlos Alcaraz also won in straight sets, beating Luca Nardi 6-1 6-4.
- 4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Best Goals**
- 8.00 **Premier League 100 Club**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Premier League Years** Clips from the 2003/04 season.
- 3.00 **PL Retro** A replay of Portsmouth v Southampton from 2005.
- 5.00 **The Premier League Show**
- 7.00 **The Transfer Show**
- 8.00 **Premier League Stories** A look at Coventry City's return to the Premier League.
- 8.30 **Premier League 100 Club** A look at Erling Haaland's goals.
- 9.00 **Transfer 360** Transfers involving Gareth Barry and Patrick Vieira.
- 10.00 **Premier League Stories** A look at Coventry City's return.
- 10.30 **Premier League 100 Club** Relive the best of Sergio Aguero's goals in the Premier League.
- 11.00 **Premier League Years** A look back at the 2005/06 season.
- 1.00 AM **PL Retro** Chelsea v Manchester United from 2006.
- 3.00 **PL Greatest Games**
- 4.00 **Premier League Best Goals**
- 5.00 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 503 421 441

- 6.00 AM **EFL Cup** The 2015 final.
- 8.00 **Old Firm Derby Best Goals**
- 8.30 **Edinburgh Derby Best Goals**
- 9.00 **SPFL Greatest Games**
- 9.30 **EFL Greatest Games**
- 10.00 **Championship Season Review**
- 11.00 **SPFL Greatest Games**
- 11.30 **EFL Greatest Games**
- 12.00 NOON **EFL League One Goals**
- 12.30 PM **EFL League Two Goals**
- 1.00 **EFL Highlights** Championship.
- 3.30 **EFL League One Goals**
- 4.00 **EFL League Two Goals**
- 4.30 **EFL Highlights** Championship.
- 6.30 **Bundesliga Preview**
- 7.30 **EFL Highlights** Bristol City v Millwall held at Ashton Gate. **7.45** Highlights from Charlton Athletic v Derby County. **8.00** Middlesbrough v Lincoln City. **8.15** Norwich City v West Brom.
- 8.30 **EFL League One Goals**
- 9.00 **EFL League Two Goals**
- 9.30 **Bundesliga Preview**
- 10.30 **EFL Highlights**
- 12.00 M'T **EFL** Championship play-offs.
- 2.30 AM **The Story of Frank Soo**
- 3.00 **SPFL Highlights** Rangers v Celtic.
- 3.30 **EFL Greatest Games**
- 4.00 **EFL Cup Highlights**
- 5.00 **Best Goals: EFL Cup 23/24**
- 5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

- 6.00 AM **Test Cricket**
- 10.00 **LIVE Test Cricket** England v Pakistan. Coverage of the opening day of the first Test in the three-match series from Headingley Cricket Ground, Leeds. This is England's first match in this format since Brendan McCullum was dismissed as head coach with Marcus Trescothick taking charge on an interim basis, and Joe Root replaced Ben Stokes as captain, having previously held the role between 2017 and 2022.
- 7.00 PM **Best of ICC WT20**
- 7.30 **International T20 Cricket** Action from England v India.
- 8.00 **Test Cricket** England v Pakistan.
- 9.00 **International T20 Cricket** England v India in Manchester.
- 9.30 **Test Cricket Bitesize**
- 9.45 **Best of ICC WT20**
- 10.00 **Test Cricket** England v Pakistan.
- 11.00 **One-Day International Cricket**
- 12.00 M'T **Test Cricket** From Leeds.
- 1.00 AM **International T20 Cricket**
- 1.30 **Nepal Climbing Cricket's Mountain** Documentary.
- 2.00 **The Hundred** Recent action.
- 5.15 **Best of ICC WT20**
- 5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

- 6.00 AM **Ladies European Tour Golf**
- 12.00 NOON **US Women's Open Golf**
- 5.15 PM **Roots** Annika Sorenstam.
- 5.45 **My Icon** Catriona Matthew.
- 6.00 **PGA Tour Champions** Action from the Boeing Classic.
- 7.00 **PGA Tour: The Cut**
- 7.30 **HotelPlanner Tour Golf Highlights** The Irish Challenge.
- 8.00 **Legends Tour Golf** The Staysure Pga Seniors Championship.
- 9.00 **PGA Tour Golf** Highlights of the FedEx St Jude Championship at TPC Southwind in Tennessee.
- 10.00 **PGA Tour Champions** Action from the Boeing Classic.
- 11.00 **Ladies European Tour Golf** The PIF London Championship.
- 12.00 M'T **PGA Tour: The Cut**
- 12.30 AM **HotelPlanner Tour Golf Highlights** The Irish Challenge.
- 1.00 **PGA Tour Golf** Highlights.
- 2.00 **Perfection in Paris**
- 4.00 **School of Golf** Expert advice.
- 5.00 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 413 521 408 430

- 6.00 AM **Motocross World Championship** In Sweden.
- 9.00 **UEFA Champions League**
- 10.00 **The Fantasy Show**
- 10.30 **The Gruppetto** Cycling news.
- 10.45 **LIVE Women's Cycling** Coverage of stage one of the Lloyds Tour of Britain, a route that starts and ends in Cockermouth.
- 3.45 PM **LIVE Men's Cycling** Coverage of stage one of the Renewi Tour, starting and finishing in the city of Diest, Belgium.
- 4.45 **Serie A** Bologna v Juventus.
- 5.45 **Playing for Our Future: Football**
- 6.00 **TNT Sports Reload**
- 6.30 **Premier League Preview**
- 7.30 **LIVE UEFA Champions League** Coverage of a play-off round first-leg match, as the teams look to gain an advantage ahead of their second-leg clash.
- 10.30 **Premier League Stories**
- 11.00 **CPL Highlights**
- 11.30 **LIVE CPL** Saint Lucia Kings v Guyana Amazon Warriors. Coverage of the T20 match at Daren Sammy Cricket Ground, Saint Lucia.
- 3.45 AM **Test Cricket Highlights**
- 5.45 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 414 522 409 431

- 6.00 AM **LIVE Test Cricket** Sri Lanka v India. Coverage of the fifth and final day of the first Test in the two-match series from Galle International Stadium.
- 1.30 PM **CPL Highlights**
- 2.00 **The Fantasy Show**
- 2.30 **LIVE Men's Cycling** Coverage of the opening stage of the Renewi Tour, starting and finishing in the city of Diest.
- 4.45 **Sign Up: Into Football**
- 5.45 **T100 Triathlon World Tour Highlights** From Vancouver.
- 6.15 **FA Community Shield** Arsenal v Manchester City in Cardiff.
- 7.45 **LIVE UEFA Champions League** Coverage of a play-off round first-leg match, as the teams look to gain an advantage ahead of their second-leg clash.
- 10.00 **The Fantasy Show**
- 10.30 **Men's Cycling** Highlights from stage one of the Renewi Tour.
- 11.30 **Men's Cycling Pro Series**
- 12.30 AM **Women's Cycling**
- 1.30 **UFC: The Ultimate Fighter**
- 2.30 **Discovery Golf** The latest news.
- 3.00 **Men's Cycling** Renewi Tour.
- 4.00 **Men's Cycling Pro Series**
- 5.00 **to 6.00** AM **Women's Cycling**

Sky Sports Action

412 410 510 426 446

- 6.00 AM **Super League** St Helens v Hull Kingston Rovers from 2025. **9.00** A replay of Wigan Warriors v Leigh Leopards from 2025.
- 12.00 NOON **NFL Highlights**
- 1.00 PM **Good Morning Football**
- 3.00 **NFL Highlights** San Francisco 49ers v Seattle Seahawks.
- 4.00 **Super League Highlights**
- 5.00 **NFL Highlights** Pittsburgh Steelers v Indianapolis Colts.
- 6.00 **NBC's Pro-Football Talk**
- 8.00 **NBA Basketball** Los Angeles Lakers v Oklahoma City Thunder.
- 10.00 **NFL Bitesize Highlights** Action from Green Bay Packers v Washington Commanders. **10.15** Buffalo Bills v Miami Dolphins in the 2025/26 season.
- 10.30 **NFL Bitesize Highlights**
- 11.00 **NFL Fantasy** Expert analysis.
- 12.00 M'T **The Insiders** NFL news.
- 1.00 AM **NFL Highlights**
- 2.00 **NFL Bitesize Highlights**
- 3.00 **LIVE WNBA** Golden State Valkyries v Minnesota Lynx. Coverage of the Western Conference match held at Chase Center in San Francisco, California. Start-time **3.00am**.
- 5.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 8.00 **Super League** Leigh Leopards v Hull Kingston Rovers: The match in the 11th round of fixtures at Progress with Unity Stadium.
- 10.45 **My Icon** Henni Goya.
- 11.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Lunchtime Live** Magazine.
- 2.00 **Sports Desk**
- 3.30 **LIVE WTA & ATP Tennis** Coverage of day seven of the Cincinnati Open, the joint ATP 1000 and WTA 1000 hard-court tournament staged at Lindner Family Tennis Center in Mason, Ohio, where the last-16 is due to take place. Top seed and 2024 champion Jannik Sinner booked his place in last year's quarter-finals with a 6-4 7-6 win against Adrian Mannarino, while the number two seed Carlos Alcaraz also won in straight sets, beating Luca Nardi 6-1 6-4.
- 12.00 M'T **LIVE WTA & ATP Tennis** Continued coverage of day seven of the Cincinnati Open at Lindner Family Tennis Center in Ohio.
- 4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Tennis

408 408 508 425 445

- 6.00 AM **WTA Tennis** Miami Open.
- 7.00 **ATP Tennis** Monte-Carlo Masters.
- 8.00 **WTA & ATP Tennis**
- 12.00 NOON **ATP Tour This Week**
- 12.30 PM **WTA & ATP Tennis** The sixth day of the Cincinnati Open in Ohio.
- 3.30 **LIVE WTA & ATP Tennis** Coverage of day seven of the Cincinnati Open held at Lindner Family Tennis Center in Mason, Ohio. Elena Rybakina claimed a second successive three-set victory at this stage last year when beating Madison Keys 6-7 6-4 6-2, while top seed and 2024 champion Aryna Sabalenka beat Jéssica Bouzas Maneiro 6-1 7-5, following on from her three-set epic against Emma Raducanu.
- 4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

- 6.00 AM **PL Greatest Games**
- 7.00 **Women's T20 World Cup**
- 8.00 **ATP Tennis** Recent highlights.
- 10.00 **The Players Championship**
- 11.00 **WTA Tennis** Miami Open final.
- 12.00 NOON **My Icon** Sporting heroes.
- 12.30 PM **Darts Gold** Archive action.
- 1.00 **NFL Highlights**
- 2.00 **Premier League Darts**
- 5.45 **NFL Bitesize Highlights**
- 6.00 **Indycar** The Indy at Markham.
- 7.00 **Formula 1** Hungarian Grand Prix.
- 8.00 **ATP Tennis** Winston-Salem Open.
- 9.00 **WTA Tennis** Monterrey Open.
- 10.00 **PGA Tour Champions** Action from the Boeing Classic.
- 11.00 **NFL Highlights** Arizona Cardinals v Los Angeles Chargers.
- 12.00 M'T **My Icon** Sporting influences.
- 12.30 AM **Darts Gold** Archive action.
- 1.00 **Super League**
- 3.45 **My Icon** Heather Fisher.
- 4.00 **Super League Highlights**
- 4.45 **World Club Challenge**
- 5.00 **My Icon** Tanni Grey-Thompson.
- 5.30 **to 6.00** AM **Darts Gold**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **UIM F1H2O World Championship Highlights**
- 6.30 **Serie A** Action from Italy.
- 12.30 PM **MLB Highlights**
- 1.30 **Premier League Review**
- 3.30 **LIVE Men's Cycling Pro Series** Coverage of the prologue of the Lidl Deutschland Tour, a route that starts and ends in Bad Orb.
- 5.30 **The Gruppetto** Cycling news.
- 5.45 **MLB Plays of the Week** Exciting plays from the past week's games.
- 6.15 **MLB Highlights** Baseball news
- 7.15 **LIVE MLB** Chicago Cubs v Chicago White Sox. Coverage of the inter-league match staged at Wrigley Field. Start-time **7.20pm**.
- 10.00 **Discovery Golf** The latest news.
- 10.30 **Test Cricket Highlights** Action from Sri Lanka v India.
- 11.30 **Lions Uncut: Australia 2025**
- 1.15 AM **UEFA Champions League**
- 4.15 **TNT Sports Reload**
- 4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **Premier League Review**
- 1.00 PM **UEFA Champions League – Stories of the Finals** A look back at the 2010 and 2017 finals.
- 1.30 **LIVE Men's Cycling** Coverage of the second stage of the Tour of Limousin, a 184.2km route from Salignac-Eyvigues to Lanouaille.
- 4.00 **Ultimate Pool** The Group B matches in the Super 8's of the Champions League tournament.
- 5.30 **Reframe the Game** Carol Glenn.
- 5.45 **UEFA Champions League**
- 7.45 **LIVE UEFA Champions League** Coverage of a play-off round first-leg match, as the teams look to gain an advantage ahead of their second-leg clash.
- 10.00 **Serie A** Atalanta v Inter. **11.00** Action from Lazio v Napoli.
- 12.00 M'T **Serie A** Inter Milan v Bologna. **1.00** AM Sassuolo v Juventus. **2.00** Parma v Inter Milan. **3.00** AS Roma v Sassuolo.
- 4.00 **to 6.00** AM **Serie A**

Premier Sports 1

419 APP 528

- 6.00 AM **Sporting Greats**
- 7.00 **Show Jumping** Highlights.
- 8.00 **Swedish Speedway**
- 10.00 **Bike World** Magazine.
- 10.30 **NASCAR Highlights**
- 11.30 **LaLiga Match Highlights**
- 12.30 PM **Sporting Greats**
- 1.00 **Sporting Countdowns**
- 1.30 **Coppa Italia** Sassuolo v Cesena.
- 3.30 **Sporting Countdowns**
- 4.00 **Premier Sports Cup**
- 5.55 **Bike World** Magazine.
- 6.25 **FIM Sidecarcross Championship**
- 7.25 **LaLiga Match Highlights**
- 7.55 **LIVE LaLiga** Atlético Madrid v Malaga. Coverage of the Spanish top-flight encounter staged at Riyadh Air Metropolitano. Kick-off **8.00pm**.
- 10.00 **LaLiga Match Highlights**
- 10.30 **KOTV Weekly** Boxing news.
- 11.00 **Sporting Greats**
- 11.30 **FIM Sidecarcross Championship**
- 12.30 AM **LaLiga** Recent action.
- 2.30 **to 6.00** AM **NHL Ice Hockey**

Premier Sports 2

420 APP 529

- 6.00 AM **Argentine Primera** River Plate v Argentinos Juniors. **8.00** Lanus v Independiente.
- 10.00 **NASCAR Trucks** Action from Richmond Raceway.
- 1.00 PM **Bike World** A look into the latest news and reports from two-wheel competitions.
- 1.30 **Coppa Italia** Catanzaro v Südtirol.
- 3.30 **Brasileiro Serie A** A chance to see Fluminense v Palmeiras.
- 5.30 **Temples of Sport** Iconic sporting venues from around the globe.
- 6.00 **Brasileiro Serie A** A chance to see Mirassol v Flamengo.
- 8.00 **Argentine Primera** Action from River Plate v Argentinos Juniors. **10.00** Lanus v Independiente.
- 12.00 M'T **Brasileiro Serie A** A chance to see Fluminense v Palmeiras.
- 2.00 AM **Football's Greatest**
- 2.30 **Brasileiro Serie A** A chance to see Mirassol v Flamengo.
- 4.30 **Football's Greatest**
- 5.00 **to 6.00** AM **Motorsport**

Sky Sports F1

407 407 507 424 444

- 6.00 AM **Formula 1** Highlights of the 2023-2025 Dutch Grand Prix.
- 9.00 **Formula 1** Hungarian Grand Prix.
- 10.00 **Indycar** The Indy at Markham.
- 11.00 **Formula 1** Highlights from the 2021-2025 Dutch Grand Prix.
- 4.00 PM **Indycar** The Indy at Markham.
- 5.00 **Formula 1** Another chance to see the Hungarian Grand Prix from Hungaroring in Mogyoród.
- 7.15 **Ted's Notebook**
- 7.45 **The Cornwall Air Ambulance**
- 8.00 **F1 Classic Races** Archive action.
- 1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

20 August

Planner

Lion

DOCUMENTARY National Geographic, 8pm & 8.55pm (box set, Disney+)

Filmed over four years in Africa, this landmark four-part wildlife series follows a lion cub named Kio on his dramatic journey through exile and survival to become the leader of his pride.

Ludwig

DRAMA BBC 1, 9pm (Episodes 1-3 available today on BBC iPlayer)

David Mitchell returns as the socially-awkward puzzle creator for a second series of the drama. Although John doesn't have to pretend to be his missing detective brother any more, this means he can't freely use police resources to help the search – will this stop him, we wonder?

Novak Djokovic: The Wolf in Winter

DOCUMENTARY

Prime Video

From Jason Hehir, director of the Michael Jordan documentary *The Last Dance*, this film tracks the incredible career of the record-breaking Serbian tennis champion.

Outer Banks

DRAMA Netflix

The Pogues were left stranded and struggling to come to terms with their loss at the end of season four, but now they must regroup and focus on one final mission – retrieve the mysterious Blue Crown, unravel its supernatural powers and seek revenge...

Thursday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Dragons' Den		9.00 Ludwig		10.00 News; Local News	
	102 BBC2	7.00 Today at the Test		8.00 The Big Deal with Steph McGovern		9.00 A House Through Time		10.00 Red Dwarf	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Tom Kerridge...	8.00 Emmerdale	8.30 Coronation...	9.00 The Chase Around the World		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Renovation Rescue		9.00 Love You to Death			
	105 5	7.00 Around the World in First Class		8.00 The Yorkshire Vet		9.00 Benidorm Is Murder		10.00 Killer at the Crime Scene	
	106 SKY ONE	7.00 The Simpsons	7.30 Football: EFL – Live: Sheffield Wednesday v Bradford City (Kick-off 8.00)						10.30 Rob Beckett...
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Sort Your Life Out with Stacey Solomon		9.00 Better Date than Never		10.00 He Had It Coming	
	116 BBC4	7.00 Villages by the...	7.30 Canal Boat...	8.00 The Bridge: Fifty Years Across the Forth		9.00 Film: The French Connection			
	118 ITV2	7.00 The Floor		8.00 The 1% Club Kids Special		9.00 Romesh Ranganathan's Parents'...		10.00 Changing Ends	10.35 Family Guy
	136 MORE4	‹ 6.50 Car S.O.S.		7.55 Grand Designs		9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons		8.00 Vanderpump Rules		9.00 Cruising Paradise: Above and Below...		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 CIA		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.30 House of the Dragon				9.00 Possession		10.00 Film: Promising Young Woman	
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army	8.20 Are You Being Served?		9.00 The Office	9.40 Joe & David's Magical Sitcom Tour		
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 Hit Point		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Midsomer Murders	
	120 ITV4	‹ 5.50 Sharpe		8.00 Who Wants to Be a Millionaire?...		9.00 Benidorm			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Instant Family			
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 The Walking Dead	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Marlow Murder Club		9.00 Father Brown		10.00 New Tricks	
	109 U&ALIBI	‹ 6.55 Private Eyes	7.50 Bookish			9.00 The Hunting Party		10.00 Death in Paradise	
	122 SKY ARTS	7.00 Voices of the Valleys		8.00 Discovering: Mel Gibson		9.00 Spymasters: The Great Spy Writers		10.00 Billy Idol Should Be Dead	
	132 U&W	7.00 MasterChef Australia		8.00 Property Brothers: Under Pressure		9.00 DIY SOS: The Big Build			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 Treehouse Masters: Out on a Limb		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Lion			9.50 Serengeti Speed Queen		
	123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Most Shocking		9.00 Alone		10.00 Discovered by Disaster	
	155 U&YESTERDAY	7.00 The Blue Planet		8.00 Bangers & Cash		9.00 Dream Car Fixers		10.00 Bangers & Cash	
	114 SKY DOCS	‹ 6.00 Film: The Alpinist		8.00 The United Way				10.00 Terry Venables: A Man Can Dream	

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Countryfile Treasures** (S)(R)
10.30 **Garden Rescue** (S)(R)
11.15 **Homes Under the Hammer** New edition In Stafford, Worthing and Newcastle-under-Lyme. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Sarah Moore attempts to save a 100-year-old rug. (S)
2.45 **Escape to the Country** (S)(R)
3.30 **The Repair Shop** Items include a Victorian movie machine. (S)(R)(AD)
4.30 **The Answer Run** New edition Quiz hosted by Jason Manford. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Dragons' Den

7 PM

7.00 **The One Show** Roman Kemp and Clara Amfo present the topical show. (S)
7.30 **EastEnders** Priya takes advice from an unlikely source, and it's the day of Penny's shop opening, but things don't go to plan. (S)(AD)

8 PM

8.00 **SERIES RESUMES Dragons' Den** 8/14. Evan Davis hosts as entrepreneurs pitch water-saving powder-to-liquid hair care, traditional confectionery, handcrafted spice blends and a travel start-up. (S)(AD)

9 PM

9.00 **NEW SERIES Ludwig** 1/6. Mystery with David Mitchell. No longer impersonating his twin brother, puzzle setter John 'Ludwig' Taylor returns as a crime scene consultant. *See feature, page 8.* (S2) (S)(AD)
■ Episodes 1-3 on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **NEW TO BBC1 The Truth About My Murder** 1/6. The police investigation into a murder at Wentwood Forest, near Newport, in 1996, after the discovery of a human skull among the dying embers of a woodland fire. *Previously shown on True Crime.* (S)
11.20 **The Truth About My Murder** New editions 2/6. The discovery of a woman's body in a suitcase next to the M4 motorway. (S)
12.00 M'T 3/6. The 2007 death of a woman in a car crash that soon pointed to murder. (S)
12.40 AM **Alan Carr's Picture Slam** (S)(R)
1.25 **Weather for the Week Ahead** (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Escape to the Country** (S)(R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Quiz. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **Animal Park Summer** (S)(R)(AD)
3.30 **Serengeti II** The hyenas make life hard for the jackals and the leopard cubs. (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** From Burton-on-Trent. (S)(R)
5.10 **Flog It!** From the Royal Marines Museum in Hampshire. (S)(R)
6.00 **Richard Osman's House of Games** Double bill of the quiz show, featuring former winners Edith Bowman, Rhys James, Anita Rani and Simon Rimmer. (S)(R)

8.00 The Big Deal

7.00 **Today at the Test** England v Pakistan: Highlights of the second day's play of the first Test in the three-match series, held at Headingley in Leeds. England were victorious in 2018 when the teams last met here in this format. (S)

8.00 **The Big Deal with Steph McGovern** New edition 2/6. Having said goodbye to one pair, the six remaining teams of art dealers are tasked with buying and selling works to meet the brief of two homeowners. (S)(AD)

9.00 **A House Through Time** New edition 2/4. David Olusoga examines the life of Victorian-era residents of the house on Calton Hill, including Thomas Mains, a maker of expensive shoes. (S)(AD)
■ Entire series on BBC iPlayer

10.00 **Red Dwarf** *Inquisitor:* 2/6. The Inquisitor's quest to eliminate worthless beings brings him aboard *Red Dwarf.* (S5) (S)(R)
10.30 **Newsnight** (S)

11.05 **Emergency 24/7** 1/6. Life in the emergency department at Southmead Hospital, Bristol. (S)(R)
12.05 AM **FILM Tár** Drama starring Cate Blanchett. When accusations surface about conductor Lydia Tár and a graduate of her academy, every aspect of the tutor's life comes under scrutiny. (S)(AD) (2022, 15, 150min) ★★★★
2.35 **Sign Zone: The Mother of All Cons** 1/3. Documentary. (S)(R)(AD)
3.35 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.00 PM **ITV News** (S)
1.20 **Local News** (S)
1.30 **LIVE Racing** Francesca Cumani and Ed Chamberlin introduce coverage of the second day of the Ebor Meeting from York, including feature race the Yorkshire Oaks. With analysis from Jason Weaver, Adele Mulrennan and Ruby Walsh, with reporting by Matt Chapman, Oli Bell and Mick Fitzgerald, and commentary by Richard Hoiles. (S)
4.30 **Tipping Point: Best Ever Finals** Compilation of some of the show's most dramatic endgames. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Tom Kerridge Cooks Italy

7.30 **Tom Kerridge Cooks Italy** Series finale 6/6. Tom explores Sicily's citrus heritage, from Siracusa lemons, once vital to British global exploration, to blood oranges coloured by Mount Etna's weather. (S)(AD)

8.00 **Emmerdale** Kev warns Caleb and Ruby that he will expose them if he faces prison. (S)(AD)
8.30 **Coronation Street** Leanne berates Idris for gambling with her money, and Glenda eyes up a date. (S)(AD)

9.00 **The Chase Around the World** Series finale 6/6. Bradley Walsh hosts as the teams land in the final city, Athens, where they must take on and defeat all the Chasers in head-to-head battles across the region. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Skyfall** James Bond thriller starring Daniel Craig and Judi Dench. Agent 007 returns from the 'dead' when MI6 comes under attack and comes up against a ruthless villain with a grudge. With Javier Bardem. (S)(AD) (2012, 12, 155min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.20 AM **Teleshopping**
3.00 **Love & Death** 7/7. Candy testifies that she feared for her life, despite Don's concerns about her mental clarity. (S1) (S)(SL)(R)(AD)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal: Celebrity Special** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 12-15/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Brooklyn. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A father and daughter seek a holiday home on Spain's Costa del Sol. (S)(R)
4.00 **The Great B&B Challenge** The stress takes its toll at Michelle and Steve's Mad Hatter's party. (S)(R)
5.00 **Chateau DIY** An old cowshed is converted into a sophisticated business suite. (S)(R)(AD)
6.00 **American Pickers** New edition Mike and Frank fall for a barn-fresh Ford Model A tow truck. (S)(AD)

9.00 Love You to Death

7.00 **News** (S)

8.00 **Renovation Rescue** New edition In south Wales, Vogue Williams and Luke Mabbott meet a fed-up family who have been living in a building site for 18 months and have decided to complete their renovation themselves. (S)(AD)

9.00 **Love You to Death** New edition 2/3. Lisa's world implodes as the truth is finally revealed –and the threat of prison hangs over her. (S)(AD)

10.00 **Love You to Death** Series finale 3/3. Lisa's story is splashed all over the tabloid press and a rift within the family deepens. (S)(AD)

11.05 **Outback Murder Highway** New edition 3/4. Investigating the disappearance of Tony Jones. (S)
12.05 AM Series finale 4/4. The case of Jayden Penno-Tompsett. (S)
12.55 **Crime Scene Cleaners** (S)(R)(AD)
1.50 **Kitchen Nightmares USA** (S)(R)
2.40 **The Schoolgirl Terrorist?** (S)(R)
3.35 **Dictator: The Hitler Interviews** (R)
4.30 **Couples Come Dine with Me** (R)
5.25 **A Place in the Sun** (S)(R)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM Sins in the Family** Thriller starring Moniqua Plante. (S) (2023, 12, 100min) ★★
4.00 **Castle** *XY:* 1/22. Part one of two. A call from a mysterious stranger ignites an explosive chain of events. (S8) (S)(R)
4.55 **Love Nature** A project using willow trees to prevent rivers from overflowing. (S)(R)
5.00 **News** (S)
6.00 **Corsica: Jewel of the Med** Cameras focus on the French island, which boasts 600 miles of stunning coastline. (S)(R)
6.55 **News** (S)

8.00 Yorkshire Vet

7.00 **Around the World in First Class** Host Josie Gibson checks in at the Rosewood Hotel in Hong Kong, before heading out on a luxury yacht. (S)(R)
7.55 **News** (S)

8.00 **The Yorkshire Vet** New edition Matt Smith helps a cow who has suffered a massive prolapse after giving birth. Cameras also focus on a 12-year-old Boston Terrier that has a very sore mouth. (S)

9.00 **Benidorm Is Murder** New episode *Eyes Down:* 4/6. Dennis and Rosa look into the death of a former million-euro jackpot winner, who was found clutching a bingo pad marked with six numbers. (S1) (S)(AD)

10.00 **Killer at the Crime Scene** A look at the murder of Karla Godoy, who vanished after going on holiday to Peru. As detectives scrambled to uncover the truth, a shock confession led to an international manhunt. (S)(R)

11.05 **Fare Dodgers: At War with the Law** Documentary. (S)(R)
12.05 AM **Street Cops: Catching the Yobs** Officers unearth a nasty, studded baseball bat. (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **GPs: Behind Closed Doors** (R)
2.55 **Castle** As 4.00pm. (S)(R)
3.40 **Friends** (S9) (S)(R)
4.30 **The Highland Vet** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S6) (S)(R)
10.00 **Will & Grace** (S11) (R)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Africa's Hunters** (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
3.00 **S.W.A.T.** 22/22. The team attempt to halt a series of bombings. (S1) (S)(R)(AD)
4.00 1/23. A major earthquake hits Los Angeles. (S2) (S)(R)(AD)
5.00 **The Simpsons** *The Old Man and the C Student:* Bart does community service. (S)(R)
5.30 *I'm with Cupid:* With the guest voice of Elton John. (S)(R)
6.00 **Rob & Romesh vs Superstar DJs** The comedians meet some of the biggest names in the DJ world. (S)(R)(AD)

10.30 Rob Beckett: Wallop

7.00 **The Simpsons** *Monty Can't Buy Me Love:* Mr Burns wants to improve his public image. (S)(R)
7.30 **LIVE Football: EFL** Sheffield Wednesday v Bradford City: Coverage of the League One match staged at Hillsborough, as the Yorkshire rivals meet for the first time since Bradford's 3-1 home win in the 2022/2023 EFL Trophy. Both these teams endured disappointment last term, with Wednesday finishing bottom of the Championship and the Bantams losing to Bolton Wanderers in the semi-finals of the play-offs. Kick-off is at 8.00.

10.30 **Rob Beckett: Wallop** A stand-up comedy special recorded at the Cliffs Pavilion in Southend. (S)(R)

11.40 **The Paper** 5/10. Ned chases a story about a scammer operating through a dating app. (S)(R)(AD)
12.10 AM 6/10. Ned decides to take over Esmeralda's advertorials. (S1) (S)(R)(AD)
12.45 **Grimm** 4/22. A woman dies while suffering terrifying hallucinations. (S1) (S)(R)
1.40 **Evil** 4/13. (S1) (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City (S)(R)(AD)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm The Crime I Can't Forget (S)(R) **11.30** NEW SERIES The Truth About My Murder (S) **12.10-1.30am** The Truth About My Murder New editions Double bill. (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
12.40am Buried with Michael Sheen (S)(R) **1.40-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Codi Hwyl **1.30** Sgwrs Dan y Lloer **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Am Dro! **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cynefin **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Gwlad y Basg: Gwilym Bowen Rhys **8.55** Newyddion a'r Tywydd **9.00** Sioe Sir Benfro New edition **10.00** Taclo'r Ty (AD) **10.30-11.35pm** Yr Afon

TV&Streaming week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** A visit to Oxford's Museum of Natural History. . **7.30** A visit to New Zealand.
8.00 **Sort Your Life Out with Stacey Solomon** Stacey helps the Bufton family from Surrey declutter their home.
9.00 **Better Date than Never** New editions 4/7. Allycia hopes to find her Prince Charming, Kento heads out on a second date with someone new, and Charles hits a speed-dating event. **9.30** 5/7. Allycia's theme park date is a rollercoaster, while time is up on Charles's speed-dating event. ■ Entire series on BBC iPlayer
10.00 **He Had It Coming** 1/8. Comedy starring Lydia West. **10.25** 2/8. The girls deal with a threat that could tie them to the murder. (S1)
10.50 **He Had It Coming** (S1)
1.15 AM **A Good Girl's Guide to Murder** 1&2/6. (S1)
2.40 **Better Date than Never**
3.40 **to 3.55** AM **Calamity James**

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Villages by the Sea** Ben Robinson heads to Norfolk's Holkham Estate.
7.30 **Canal Boat Diaries** Robbie Cumming tackles the fast-flowing River Trent.
8.00 **The Bridge: Fifty Years Across the Forth** Documentary celebrating the Forth Road Bridge.
9.00 **FILM The French Connection** Oscar-winning crime thriller starring Gene Hackman, Roy Scheider and Fernando Rey. (1971, 18, 104min) ★★★★★
10.40 **The Poughkeepsie Shuffle: Tracing The French Connection** The making of 1971 thriller.
11.35 **FILM The Graduate** Oscar-winning comedy drama with Dustin Hoffman and Anne Bancroft. (1967, 12, 105min) ★★★★★
1.15 AM **Canal Boat Diaries**
1.45 **The Poughkeepsie Shuffle: Tracing The French Connection**
2.40 **to 3.10** AM **Villages by the Sea**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from East Yorkshire.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a Caterham 7 belonging to a former amateur racer.
6.50 **Car S.O.S** Restoring a former soldier's Austin army truck that has been used as a farm vehicle for 60 years.
7.55 **Grand Designs** Kevin McCloud meets Harry and Briony, who have decided to move from London to Cornwall with their three young children and begin constructing an ambitious house, inspired by American modernist properties.
9.00 **24 Hours in A&E** Cameras follow a 26-year-old man who is rushed to St George's after being hit by a car while crossing the road on a night out in Eastbourne.
10.00 **24 Hours in A&E** Cameras follow a 10-year-old who has severed his finger at school, a stonemason who has dropped a marble slab on his hand and a woman who has broken her ankle.
11.05 **999: On the Front Line**
1.15 AM **24 Hours in A&E**
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Brighton.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 NEW SERIES **America's Funniest Home Videos**
11.00 **Below Deck: Mediterranean**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
7.00 **The Simpsons** *Fear of Flying:* Homer is given free aeroplane tickets. **7.30** *Homer the Great:* Homer becomes the head of a secret society.
8.00 **Vanderpump Rules** Series finale Chris and Jason give their thoughts on the infamous video.
9.00 **Cruising Paradise: Above and Below Deck** New edition Love is in the air on the *Star Princess*.
10.00 **Gogglebox** Views on *Made in Chelsea* and *The1% Club*.
11.05 **First Dates**
12.10 AM **Naked Attraction**
1.15 **Cruising Paradise: Above and Below Deck**
2.10 **Vanderpump Rules**
3.00 **Ramsay's Kitchen Nightmares USA**
3.50 **The Goldbergs**
4.40 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 | 306 | 30 | 123 | 256

Thursday primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Send in the Dogs**
9.00 **The Force: Manchester**
10.00 **Motorway Patrol**
10.30 **Caught Red Handed**
12.00 NOON **FBI** 10&11/15. (S3)
2.00 PM **The Rookie** 17/22. The team rely on Monica to uncover Elijah and Abril's plans. (S5)
3.00 **Law & Order: Criminal Intent** 2/8. Goren and Eames investigate the apparent suicide of a banker. (S10)
4.00 **Nothing to Declare**

10.00 Law & Order: SVU

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 5&6/12. (S6)
10.15 **House of the Dragon** (S2)
12.40 PM **Homicide: Life on the Street** 14&15/22. (S5)
2.30 **Billions** 5&6/12. (S6)
4.30 **Django** 3/10. John, Django and Sarah travel to Nagadoches. **5.30** 4/10. Seymour and Django embark on a dangerous mission. (S1)
6.30 **House of the Dragon** 5/8. The Greens consider how to fill a void on Aegon's council, and Daemon enlists help. (S2)

9.00 Possession

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Real Housewives of Potomac**
8.20 **Real Housewives of Beverly...**
9.15 **The Only Way Is Essex**
10.15 **Dawson's Creek** 1/22. (S2)
11.10 **Charmed** 14/22. (S1)
12.10 PM **Deal or No Deal**
1.10 **Supermarket Sweep**
2.10 **The Floor** Game show.
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Potomac**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.00 Changing Ends

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot**
11.30 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *Death's Shadow:* Barnaby and Troy investigate the murder of a terminally ill property developer.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *The Third Man:* An informant reveals two local hoodlums are planning to raid a shipment of gold bullion.

8.00 Vera

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Robin of Sherwood**
9.10 **Boon**
10.15 **The Professionals**
11.30 **Robin of Sherwood**
12.30 PM **Magnum, PI**
2.35 **The Casebook of Sherlock Holmes** Murder mystery.
3.45 **Boon** *Away from It All:* Ken is on the brink of quitting the security business.
4.50 **The Professionals**
5.50 **Sharpe** *Sharpe's Mission:* Major Brand tries to dupe Sharpe into helping him betray Ross.

2.00 Minder

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.45 House of the Dragon *Smallfolk:* 6/8. Rhaenyra summons a trusted knight for a risky venture, while Aemond takes steps to reshape the Green Council. (S2)

7.00 The Floor Just 25 players are left as Rob Brydon hosts a round of duels with each win expanding a player's territory.

6.55 Heartbeat *Missing in Action:* A clairvoyant at Whitby Funfair gives a bride-to-be cold feet about her nuptials.

Sharpe (started at 5.50pm)

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The 1% Club Kids Special Lee Mack hosts a special edition in which children aged from 9 to 15 take part in the quiz.

8.00 Vera *Dark Angel:* The detective investigates Newcastle's underworld to discover the identity of a man found dead in the river, which leads her back to the site of a 13-year-old murder.

8.00 Who Wants to Be a Millionaire? Celebrity Special Jeremy Clarkson is joined by Charlene White and Carol Vorderman.

9 PM

9.00 CIA New episode *Deep Cover:* 5/12. A cyber engineer and her family are murdered in a deliberate strike. (S1)

9.00 Possession Series finale 5/5. Claudia must embrace her heritages to defeat Charlotte's spirit. (S1)
■ Entire series on Box Sets

9.00 Romesh Ranganathan's Parents' Evening Joel Dommett, Tony Bellew and Vicky Pattison compete in the comedy game show.

9.00 Benidorm 5/6. Mick forces his family to enter a pub quiz with a big cash prize. **9.30** 6/6. Mick falls victim to a con. (S1)

10 PM

10.00 Law & Order: Special Victims Unit *Post-Rage:* 22/22. Benson looks into a string of sexual assaults on psychiatrists. (S26)
11.00 **The Rookie** 13/22. (S5)
12.00 M'T **FBI** 5/15. (S3)
1.00 AM **Chicago Med** New episode
2.00 **Chicago Fire** New episode
3.00 **Chicago PD** New episode
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

10.00 FILM Promising Young Woman Crime thriller starring Carey Mulligan. (2020, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.05 AM **All Her Fault** 6/8. The Irvines struggle to adjust to their new normal, meanwhile Jenny deals with domestic pressures of her own. (S1)
1.05 **House of the Dragon** (S2)
2.15 **Billions** 3&4/12. (S6)
4.20 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

10.00 Changing Ends 3/6. Alan gets a shock. (S3)
10.35 Family Guy 11/20. Stewie stars in an advert for peanut butter. (S14)
11.05 **Family Guy** 5/20. (S14)
11.35 **American Dad!** 10/18. Stan buys a racehorse. (S5)
12.05 AM 17/20. Steve joins a junior football team. (S4)
12.35 **Bob's Burgers** (S13)
1.30 **Deal or No Deal**
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

10.00 Midsomer Murders *The Electric Vendetta:* A series of mutilated corpse are discovered in the middle of crop circles.
11.55 **Trial & Retribution** 9/10. The body of a teenage girl is discovered in a chalk pit. **12.55** AM 10/10. The trial takes a dramatic turn when Andy kills himself. (S11)
1.55 **George and Mildred**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

10.00 Benidorm 1/9. Madge's boyfriend has a diving contest with the Oracle. **10.30** 2/9. Martin and Kate look after a baby. (S2)
11.00 **Black Sails** 5/10. While Miranda tries to save the island, Eleanor opens old wounds. (S2)
12.05 AM **Hell's Kitchen** The chefs are challenged to finish dishes using verbal cues.
1.00 **The Professionals**
2.00 **to 3.00** AM **Minder**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Beechgrove Garden** New edition How to take cuttings from various garden favourites.
8.00 **NEW World Pipe Band Championships** Jackie Bird presents highlights of the competition.
9.00 **Martin Compston's Scottish Fling** The actor and his friend Phil MacHugh travel from St Andrews to Aberdeen. **9.30** Martin and Phil explore the Highlands.
10.00 **Scot Squad** 4/6. Singh and McKirdy pull over two celebrated children's entertainers. (S4)
10.30 **Edinburgh Unlocked** New edition 2/3. A look at the best of the Edinburgh Festival.
11.00 PM **to 12.00** M'T **Jim Smith Live from Perth** Stand-up performance.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **Sort Of** (S3)
10.00 **The Comeback** (S3)
11.20 **Will & Grace** (S8)
12.20 PM **Based on a True Story** 5&6/8. (S1)
1.35 **The Comeback** (S3)
3.00 **Will & Grace** (S7)
4.00 **The Reluctant Landlord**
5.00 **Community** (S2)
6.00 **Will & Grace** (S8)
7.00 **The Office (US)** 20/28. Michael plans to celebrate his 15th anniversary at Dunder Mifflin with a party. **7.30** 21/28. Michael becomes careless under pressure. (S5)
8.00 **The Reluctant Landlord**
9.00 **Alan Carr: Regional Trinket** Stand-up show.
10.00 **Last Week Tonight with John Oliver** Talk show.
10.45 **Based on a True Story**
12.00 M'T **The Reluctant Landlord** 1&2/6. (S2)
1.00 AM **Community** (S2)
2.00 **The Comeback** (S3)
3.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Pavarotti in the Park**
8.10 **Artist of the Year**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Art of Film...**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Nineties**
4.00 **Discovering**
5.00 **Portrait Artist 2023**
6.00 **Tales of the Unexpected**
7.00 **Voices of the Valleys**
8.00 **Discovering**
9.00 **Spymasters: The Great Spy Writers**
10.00 **Billy Idol Should Be Dead** Documentary.
12.20 AM **The Directors**
1.20 **James Dean: The Emotional Man**
2.40 **Denzel Washington: American Icon**
4.00 **The Brontës by Anita Rani: Sisters of Disruption** Documentary.
5.00 **to 6.00** AM **The Art of Film with Ian Nathan**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: America's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 9/26. (S6)
5.00 **Stargate SG-1** (S9)
6.00 **Stargate Universe** (S2)
7.00 **Nothing to Declare**
7.30 **LIVE Football: EFL** Sheffield Wednesday v Bradford City: The League One match. Kick-off is at 8.00.
10.30 **Nothing to Declare**
11.00 **Grimm** 9/22. (S1)
12.00 M'T **Wynonna Earp** (S1)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five university friends take part.
3.00 **Supermarket Sweep**
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Jamie tries to open the 22 red boxes in the right order, taking on the Banker for the chance to win life-changing cash.
6.00 **Lingo** Triple bill of the word-based game show hosted by Adil Ray.
9.00 **Supermarket Sweep** Rylan Clark hosts a revival of the supermarket-based game show.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show hosted by Warwick Davis.
1.50 **Ridiculous** Quiz show.
2.40 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **American Pickers**
10.00 **Find It, Fix It, Flog It**
11.00 **Great B&B Challenge**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Dog House** Ellie hopes to find a dog to help her relax.
8.00 **The Piano** The finalists prepare for their concert at Birmingham Symphony Hall.
9.00 **Gogglebox** *I'm a Celebrity... Get Me Out of Here!* is appraised.
10.00 **Secret Lives of Gypsy Wives** Trewley's first rap song has mixed success.
11.05 **Celebrity Hunted** A couple of fugitives pop up live on the BBC. **12.05** AM Gloria Hunniford provides a safe haven for two fugitives.
1.05 **Love You to Death**
4.05 **to 5.05** AM **Surgery Secrets of the Super Rich**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** (S4)
4.00 **Stargate SG-1** 12/20. (S8)
5.00 **Star Trek: Voyager** 2/26. The crew battle to find a key Borg component to save Seven of Nine's life. (S7)
6.00 **Star Trek: Enterprise** 1/22. Part one of two. The crew are trapped in an alternative version of the year 1944. (S4)

2.00 Warehouse 13

7.00 **Stargate Atlantis** *Midway:* 17/20. The Wraith find their way to Midway Space Station. Guest stars Christopher Judge. (S4)
8.00 **Stargate SG-1** *Prometheus Unbound:* 12/20. The crew are taken by surprise when the *Prometheus* is stolen. (S8)
9.00 **Resident Alien** *Harry, A Parent:* 13/16. After losing the alien baby, Harry finds out which extra-terrestrial race is on Earth. (S2)
10.00 **The Walking Dead** *The King, the Widow, and Rick:* 6/16. An argument breaks out at Hilltop. (S8)
11.00 **The Walking Dead** 7/16. Negan gathers his lieutenants to solve a huge problem facing the Sanctuary. (S8)
12.00 M'T **Resident Alien** 12/16. Harry and Asta find out about the origins of Goliath. (S2)
1.00 AM **Warehouse 13** (S4)
3.00 **The Walking Dead** (S8)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S8)
9.00 **Shakespeare & Hathaway: Private Investigators** (S3)
10.00 **The Mentalist** 3/22. (S6)
11.00 **Hudson & Rex** 6/8. (S7)
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S13)
2.00 **Murdoch Mysteries** (S8)
4.00 **The Mentalist** 3/22. (S6)
5.00 **Hudson & Rex** 6/8. (S7)
6.00 **Body of Proof** 7/20. A teenager is found dead. (S2)
6.55 **Private Eyes** 1/12. While behind bars, Angie meets an intimidating inmate. (S3)

9.00 The Hunting Party

7.50 **Bookish** *Such Devoted Sisters – Part Two:* 6/6. Book discovers something quite curious in Captain Victor Orr's little black book. (S1)
9.00 **The Hunting Party** New episode *Amanda Weiss:* 4/13. The team hunt a killer dubbed 'The Masseuse.' (S2)
10.00 **Death in Paradise** *Murder Going Down:* 6/8. A tourist is stabbed in a hotel lift with no other occupants. (S13)
11.00 **Private Eyes** As 6.55pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** 9/10. Paranormal activity is reported in a local pub. (S3)
1.00 AM **Death in Paradise** (S13)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.05 **The Green Green Grass**
9.45 **Are You Being Served?**
10.25 **Last of the Summer Wine**
11.40 **Ever Decreasing Circles**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Ever Decreasing Circles**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

9.00 The Office

7.00 **Only Fools and Horses** Rodney joins a band. Guest stars DJ Mike Read.
7.40 **Dad's Army** The platoon are put in charge of manning an observation post on a derelict pier.
8.20 **Are You Being Served?** Captain Peacock has an embarrassing problem.
9.00 **The Office** The staff celebrate Red Nose Day.
9.40 **Joe & David's Magical Sitcom Tour** Joe treats David to his ultimate *Office* tour, with a money-can't-buy experience with Ricky Gervais.
10.40 **The Office** David employs a new secretary .
11.20 **Mrs Brown's Boys** Cathy tries to impress her psychologist boyfriend, and Mark prepares to emigrate to Australia.
12.00 M'T **The Office**
1.20 AM **Mrs Brown's Boys**
2.00 **Don't Wait Up**
2.45 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Cornwall**
11.20 **Yukon Gold** Documentary.
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Guy Martin: Proper Jobs**
4.00 **Hairy Bikers' Best of British**
5.00 **Rick Stein's Cornwall** Four editions, including at: **6.30** Rick finds out about the back-breaking work done by women in Cornwall's mines.

9.00 Hit Point

7.00 **Mortimer & Whitehouse: Gone Fishing** The duo visit Burghley House.
7.40 **Would I Lie to You?** With guests Rhod Gilbert, Nick Grimshaw, Clare Balding and Rob Delaney. **8.20** With Sean Lock, Richard Hammond, Judy Murray and Trevor Noah.
9.00 **Hit Point** New episode 2/6. Leo battles with his dangerous double life. (S1) ■ Entire series on U
10.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts the current affairs quiz.
11.00 **Taskmaster**
12.00 M'T **Mock the Week: Election Special** With Angela Barnes.
12.40 AM **Would I Lie to You?**
2.00 **Hit Point** As 9.00pm.
3.00 **Richard Osman's House of Games** With Des Clarke.
3.30 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.10 **Doctors**
9.25 **Classic Holby City**
10.40 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Classic Neighbours**
3.00 **Whitstable Pearl**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** Compo takes up waterskiing. **6.40** Compo manages to convince a barmaid that Foggy is really a millionaire.

8.00 The Marlow Murder Club

7.20 **Last of the Summer Wine** The trio scheme to get Wally out from under Nora Batty's thumb for a day, but come a cropper.
8.00 **The Marlow Murder Club** *The Queen of Poisons – Part Two:* 2/6. The suspects' secrets stack up. With Peter Davison. (S3)
9.00 **Father Brown** *The Gardeners of Eden:* A terminally ill celebrity florist brings glamour and murder to Kembleford.
10.00 **New Tricks** *Gloves Off:* The team reinvestigate the 15-year-old murder of a boxer after the gun used to kill him is discovered at the scene of an armed robbery.
11.20 **Luther** 4/4. The detective works outside the law. (S3)
12.40 AM **Lovejoy**
1.50 **Sister Boniface Mysteries**
2.50 **to 4.00** AM **The Chelsea Detective**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 2-4/23. (S2)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *An Eye for an Eye:* 17/23. Two human eyeballs are sent to a petty officer's home. **7.00** *Bikini Wax:* 18/23. A swimsuit contest leads to murder. **8.00** *Conspiracy Theory:* 19/23. An officer's apparent suicide is investigated. (S2)
9.00 **Blue Bloods** *Justifies the Means:* 16/16. The Reagans band together to protect Joe Hill. (S11)
10.00 **Law & Order: Special Victims Unit** *Guardian:* 21/24. A man claims his sister was gang raped. **11.00** *Mama:* 22/24. Fin receives his sergeant orders. (S19)
12.00 M'T **Law & Order: Special Victims Unit**
1.55 **to 3.55** AM **Prodigal Son**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** A 60-year-old biker is injured in a high-impact collision with a car.
10.00 **Ambulance: Code Red** Two air ambulances are called to a road accident on a dual carriageway.
11.00 **Skin A&E**
12.00 M'T **Killer at the Crime Scene** Documentary.
1.00 AM **Cold Case Killers**
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
10.05 **Police Interceptors**
11.05 **Gunsmoke** (S13)
12.10 PM **FILM The Hired Hand** Western. (1971, 12, 93min) ★★★
2.00 **FILM Branded** Western. (1950, PG, 94min) ★★
4.00 **Highway Thru Hell**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Timber Titans** New edition A bridge forces the Freya crew to move to another section.
11.00 **The X-Files** 3/22. (S6)
12.00 M'T **Deadliest Weather: Caught on Camera**
12.55 AM **Outback Truckers**
1.55 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **Property Brothers: Forever Homes**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
5.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Six teams compete in their first service challenge, and must create a perfect, viral-worthy dish.
8.00 **Property Brothers: Under Pressure** New edition A couple must decide whether to renovate the home they have made together or risk it all and start again. ■ Entire series on U
9.00 **DIY SOS: The Big Build**
11.00 **Lies, Deceit and Betrayal** Double bill.
1.00 **to 3.00** AM **Don't Hate Your House with the Property Brothers**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Secret Nazi Bases**
11.00 **The World at War**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **The World at War**
6.00 **Antiques Roadshow**
7.00 **The Blue Planet**
8.00 **Bangers & Cash** New edition Derek picks up three classics, including a BMW 2002.
9.00 **NEW SERIES Dream Car Fixers** Sheldon Nichols and Will Trickett work on a 1969 Ford Corsair for a retired postal worker.
10.00 **Bangers & Cash**
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Suffolk.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Celebrity Yorkshire Auction House** Double bill.
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
4.00 **Salvage Hunters Celebrity Special**
5.00 **Who Do You Think You Are?** With actor Anna Maxwell Martin.
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House** A home packed with interesting items.
8.00 **Antiques Road Trip**
9.00 **The Bad Skin Clinic**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **Salvage Hunters**
5.00 **to 6.00** AM **Salvage Hunters Celebrity Special**

+1 hour 242 365

THURSDAY Entertainment

Thursday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S7)
9.10 **Bramwell** 2/8. (S2)
10.10 **The Irish RM** 3/6. (S2)
11.10 **Little House on the Prairie** (S3)
1.00 PM **The Waltons** (S7)
4.10 **Little House on the Prairie** (S3)
6.00 **The Irish RM** 3/6. (S2)
7.00 **M*A*S*H** 5/24. Hawkeye works a three-day shift. **7.30** 6/24. Hawkeye operates on a Korean boy. **8.00** 7/24. Corporal Walker goes native. **8.30** 8/24. Hot Lips questions Colonel Blake's fitness to command. (S2)
9.00 **FILM** **Carry On Cabby** Comedy starring Sidney James. (1963, b/w, PG, 95min) ★★★
11.00 **Robin's Nest** (S3)
12.00 M'T **M*A*S*H** (S2)
2.00 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **Wanted: Dead or Alive** 8/32. (S2)
9.50 **Murder Maps**
10.50 **FILM** **Hell River** Drama starring Rod Taylor. (1974, PG, 99min) ★★
1.00 PM **The Unit** 11/23. (S2)
2.00 **Burn Notice** (S4)
4.00 **FILM** **Assault on Station 33** Thriller with Sean Patrick Flanery. (2021, 15, 90min) ★★
6.00 **The Unit** 11/23. (S2)
7.00 **Burn Notice** (S4)
9.00 **FILM** **The Transporter Refuelled** Action thriller sequel starring Ed Skrein and Ray Stevenson. (2015, 15, 96min) ★★
11.05 **The Avengers** (S5)
12.05 AM **The New Avengers**
1.05 **The Persuaders!**
2.05 **FILM** **Stonados** Disaster thriller starring Paul Johansson. (2013, PG, 90min) ★
3.40 **Coast Guard Alaska**
4.25 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **The Chronicle Mysteries: Deep End**
10.05 **FILM** **Morning Show Mysteries: Countdown to Murder** Drama. (2019, PG, 83min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S5)
2.00 **Castle** 5/24. (S5)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 6/24. (S5)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** 5/8. (S5)
10.00 **FILM** **Morning Show Mysteries: Death by Design** Crime drama. (2019, PG, 84min) ★★
11.55 **FILM** **Aurora Teagarden Mysteries: Honeymoon, Honeymurder** Thriller. (2021, PG, 84min) ★★
1.50 AM **FILM** **Grandma Dearest** Crime thriller. (2020, PG, 87min) ★★
3.25 **to 5.00** AM **FILM** **Nanny's Killer Scandal** Thriller. (2018, 15) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM** **Valentine in the Vineyard** Romance. (2019, U, 89min) ★★
10.05 **FILM** **The Love Subscription** Comedy. (2023, PG, 86min) ★★
12.05 PM **FILM** **Bottled with Love** Romantic drama. (2019, PG, 85min) ★★
2.00 **FILM** **Rip in Time** Drama. (2022, PG, 84min) ★★
3.50 **FILM** **Once Upon a Holiday** Romantic drama. (2015, PG, 85min) ★★
5.45 **FILM** **A Winning Team** Comedy. (2023, PG) ★★
7.35 **FILM** **Two Tickets to Paradise** Romance. (2022, PG, 84min) ★★
9.30 **FILM** **This Little Love of Mine** Romantic drama. (2021, U, 91 min) ★★
11.40 **FILM** **The Vows We Keep** Romantic drama. (2021, U, 84min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM** **Rip in Time** As 2.00pm.

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** From Preston.
1.00 PM **The Greatest Auction** Pinball machine.
2.00 **Lake District Rescue**
3.00 **Garden Rescue**
4.00 **Stuart Farm: Green Valley Tales**
4.45 **This Farming Life**
6.00 **The Greatest Auction**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **Lake District Rescue**
10.00 **FILM** **Loving Feeling** Comedy starring Simon Brent and Georgina Ward. (1968, 15, 82min) ★★
11.45 **Real Thick Glasses**
12.00 M'T **FILM** **Wife Swappers** Drama starring Judette Banket and Theresa Cauwels. (1965, 12, 60min) ★★
1.45 AM **Musketeer**
2.00 **Lake District Rescue**
3.00 **Love Your Garden**
4.00 **to 5.00** AM **The Greatest Auction**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor in Charge**
10.30 **The Upper Hand** (S1)
11.00 **The Gaffer** 6/6. (S1)
11.30 **Only When I Laugh**
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company**
1.30 **Agony** 3/7. (S2)
2.00 **Second Thoughts** (S4)
2.30 **The Gaffer** 6/6. (S1)
3.00 **Only When I Laugh**
3.30 **Randall and Hopkirk (Deceased)** 15/26. (S1)
4.30 **Old Country** (S2)
5.00 **Stereo Underground**
6.00 **Danger Man** 25/39. (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S2)
7.30 **Man in a Suitcase**
8.30 **Randall and Hopkirk...**
9.30 **The New Statesman**
10.00 **FILM** **Amityville II: The Possession** Horror. (1982, 18, 104min) ★★
12.10 AM **FILM** **Black Magic Woman** (1991, 18) ★★
2.05 **Stereo Underground**
3.05 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Curse of the Bermuda Triangle**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** A wet plant disaster threatens the Dust Devils' potentially lucrative fine gold find. **8.00** The Gold Gypsies decide whether to take a huge gamble.
9.00 **Expedition X**
10.00 **Expedition Files**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Jamie Cooks Italy**
7.00 **Hairy Bikers Go Local**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Comfort Food**
10.00 **Barefoot Contessa – Back to Basics**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go Local**
4.00 **Jamie's Comfort Food**
5.00 **The Pioneer Woman**
6.00 **James Martin's Islands to Highlands**
7.00 **The Great British Bake Off** Double bill.
9.00 **Michel Roux's French Country Cooking** Pork steaks with asparagus and courgettes.
10.00 **Jamie's One-Pan Wonders** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 14/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 8/22. (S3)
11.00 **FILM** **The Day the Earth Stopped** Sci-fi thriller. (2008, 15, 90min) ★★
12.50 PM **FILM** **McLintock!** Comedy Western. (1963, U, 127min) ★★★
3.20 **FILM** **The Shooting** Western. (1966, 15) ★★★
5.00 **Star Trek** 21/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 9/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM PREMIERE** **Ambush** War drama. (2023, 15, 130min) ★★
11.10 **FILM** **The Presidio** Thriller. (1988, 15) ★★
1.10 AM **FILM** **Highlander III: The Final Dimension** Action fantasy sequel. (1995, 15, 99min) ★★
3.05 **to 5.00** AM **FILM** **The House That Dripped Blood** Horror. (1970, 12, 101 min) ★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **FILM** **Triassic Hunt** Action adventure. (2021, 15, 86min) ★★
11.00 **Andromeda** 1/22. (S5)
12.00 NOON **The Poseidon Adventure** 1&2/4. (S1)
2.00 PM **FILM** **Double Dragon** Martial arts adventure. (1994, 12, 91 min) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM** **Collision Earth** Sci-fi thriller with Kirk Acevedo and Diane Farr. (2011, 12, 95min) ★★
7.00 **Andromeda** 2/22. (S5)
8.00 **The A-Team** 18/25. (S3)
9.00 **FILM** **Night Hunter** Thriller starring Henry Cavill, Ben Kingsley and Alexandra Daddario. (2018, 15, 88min) ★★
11.05 **FILM** **Wanted: Dead or Alive** Action thriller starring Rutger Hauer. (1988, 106min) ★★
1.15 AM **FILM** **Night Hunter**
3.15 **FILM** **Collision Earth**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Leicestershire.
6.45 **Pawn Stars Do America** From Seattle.
7.30 **Storage Wars Canada**
8.25 **Storage Hunters**
9.20 **Hardcore Pawn**
1.05 PM **Pawn Stars Do America** From Seattle.
2.05 **Storage Wars Canada**
3.05 **Ancient Aliens**
5.00 **We Are Not Alone**
6.00 **Junk & Disorderly**
7.00 **Dickinson's Real Deal**
9.00 **Alien Abductions: Answers** Documentary about what its producers see as major evidence of alien contact, which can no longer be concealed by the government.
11.00 **The Curse of Oak Island** Double bill.
1.00 AM **We Are Not Alone**
2.00 **Court Cam** Double bill.
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
11.00 **All Creatures Great and Small** 4/7. (S6)
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Somerset: Wonder of the West Country**
6.00 **Abandoned Engineering**
7.00 **Ben Fogle: New Lives in the Wild** Ben joins a couple in a derelict farmhouse in Hungary. **8.00** Former journalists who now work as grizzly bear guides in Canada.
9.00 **Mysteries of the Pyramids with Dara O Briain** Intriguing mysteries surrounding the world's pyramids. **10.00** The battle between tomb raiders and tomb builders.
11.00 **Prisoner: Cell Block H**
1.05 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Abandoned Engineering**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Una Stubbs.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes** With Stephen Mulhern and Kirsty Gallacher.
4.45 **Celebrity Antiques Road Trip** With Larry Lamb.
6.00 **Tenable** Game show.
7.00 **Beat the Chasers**
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **Unacceptable** Comedians share their wild and downright unacceptable opinions.
10.00 **FILM** **The Mexican** Action comedy starring Brad Pitt. A hapless crook attempts to retrieve a valuable pistol from across the Mexican border while his girlfriend urges him to give up his life of crime. (2001, 15, 123min) ★★★
12.00 M'T **The Middle**
1.30 AM **Dr Pimple Popper: Breaking Out**
2.30 **My 600lb Life**
4.30 **Say Yes to the Dress: UK** Reality series.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Everybody Loves Raymond** (S8&9)
11.00 **Sabrina the Teenage Witch** 13-16/24. (S1)
1.00 PM **Friends** (S3&4)
8.30 **Friends** 7/24. Chandler tries his best to prevent Joey from discovering the truth. (S4)
9.00 **FILM** **Instant Family** Comedy with Rose Byrne, Mark Wahlberg and Isabela Merced. (2018, 12, 118min) ★★★★
11.20 **Stupid Central**
12.20 AM **Whose Line Is It Anyway? USA**
1.20 **Gods of the Game**
1.50 **The Comedy Bus**
2.20 **South Park** (S10)
3.20 **The Daily Show**
3.45 **Modern Horror Stories**
3.50 **Bradley & Barney Walsh: Breaking Dad**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S8)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Spin City** 8&9/24. (S1)
11.00 **Friends** (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Everybody Loves Raymond** (S8&9)
6.00 **The Upper Hand** (S3)
7.00 **Sabrina the Teenage Witch** Four episodes of the sitcom, including at: **8.30** 16/24. Sabrina and her aunts take a skiing trip to Mars. (S1)
9.00 **Rhod Gilbert's Growing Pains** With Amy Gledhill, Emmanuel Sonubi and Michelle Visage.
10.00 **Friends** 5-10/25. (S3)
1.00 AM **8 Out of 10 Cats**
1.55 **Most Ridiculous**
2.55 **Spin City** 8&9/24. (S1)
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

56 42

8.00 AM **Highlights**
10.20 **Bread** 5/10. (S8)
10.55 **Steptoe and Son** (S3)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S3)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 9/13. Drama. (S1)
2.45 **Minder** 5/10. (S5)
3.50 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Bread** 5/10. (S8)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 4/7. (S3)
6.45 **Steptoe and Son** (S4)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 13/13. (S2)
9.00 **Benidorm** 4/9. (S10)
9.55 **Shameless** 2/16. (S7)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.00 M'T **Benidorm** (S10)
12.55 AM **Minder** 4/6. (S7)
2.00 **Duty Free** 7/7. (S3)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 9/13. (S2)
6.20 **Teen Mom 2**
7.10 **Teen Mom 2: From the Beginning** Reality series.
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Catfish: On the Run**
10.00 **Judge Judy**
12.00 NOON **Charmed** (S1)
2.00 PM **Catfish: The TV Show** Reality show.
3.00 **Judge Judy** R
5.00 **Charmed** 17&18/22. (S1)
7.00 **Teen Mom: The Next Chapter** Mackenzie is on a new adventure with her boyfriend Khesanio.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Just Tattoo of Us** Tom Zanetti and his brother Josh get competitive.
10.00 **Jersey Shore Family Vacation** Reality series.
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

20 August **Thursday**

Thursday

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Aquarium**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of the series.
3.00 **How It's Made** Four editions of the series, including at: **4.00** The making of surveyors' levels, hot dogs and sandpaper. **4.30** Ice-cream, wooden golf clubs and aircraft wings.
5.00 **Alaska: Homestead Rescue** The Raneys enter the shadow of Mount Denali.

9.00 Naked and Afraid: Global...

7.00 **Wheeler Dealers** Edd and Mike set the challenge to find the ultimate bug-out vehicle that would ceaselessly run.
8.00 **Wheeler Dealers** Mike and Edd struggle to agree on the definition of a real sports car, so Mike brings home a 1968 Corvette.
9.00 **Naked and Afraid: Global Showdown** New edition The teams build four-pronged, fire-hardened spears, and one team's spear – and partnership – breaks under intense pressure, while cold, driving rain collapses a shelter.
11.00 **Expedition X** The team look for an unholy horde of the undead terrorising rural Spain.
12.00 M'T **Deadliest Catch**
1.00 AM **Naked and Afraid: Global Showdown**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Meet the Penguins**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
12.00 NOON **Animal Cops San Francisco** A dehydrated puppy.
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** Double bill.
5.00 **Lone Star Law** The wardens investigate the buying and selling of wild animals.
6.00 **Dr Jeff: Rocky Mountain Vet** Jeff performs surgery on a dog found tied to a fence.

6.00 Dr Jeff: Rocky Mountain Vet

7.00 **Treehouse Masters: Out on a Limb** The team build a Scottish cottage in a pin oak and Pete Nelson creates a 'sky bridge.'
8.00 **Richard E Grant's Seven Deadly Sins** The actor takes a look at the roots of greed – the act of taking too much.
9.00 **Alaska: The Last Frontier** Eivin and Eve launch a risky clean-up operation to clear a tangle of nets in a nearby river.
10.00 **Alaskan Bush People** Billy and Amy Brown and their children live off the grid and rely on each other to survive.
11.00 **Mountain Monsters** The team think a reptoid is on the loose.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters: Out on a Limb** As 7.00pm.
3.00 **Animal Cops Houston**
4.00 **to 5.00** AM **Animal Cops San Francisco**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Disaster Autopsy**
9.00 **Air Crash Investigation**
10.00 **Engineering by Catastrophe**
11.00 **Car S.O.S** A 1978 MG.
12.00 NOON **Ultimate Airport Dubai** Documentary.
1.00 PM **Air Crash Investigation**
2.00 **Lost Ships of WW2**
4.00 **Mysterious Islands**
5.00 **Hollywood: Drain the Oceans** The role played by shipwrecks in Hollywood movie-making history.
6.00 **Construction Fails** Lightning causes construction mayhem.

8.00 Lion

7.00 **Air Crash Investigation** Investigators scour the wreckage from a cargo jet that crashed in the Swedish Arctic.
8.00 **NEW SERIES Lion** Documentary following a pride of lions over the course of four years. **8.55** New edition Nature documentary. *See feature, page 20.* ■ Entire series on Disney+
9.50 **Serengeti Speed Queen** A first-time mother is forced to add strategy to speed to avoid predators.
10.50 **Air Crash Investigation** A look at what caused a Flash Airlines flight to plummet into the Red Sea.
11.50 **Amsterdam Central 24/7** When a train loses power during Pride Day, it's a race against time for traffic control and emergency responders.
12.50 AM **To Catch a Smuggler**
1.50 **Lords of War**
2.20 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

Sky History

123/124 115/116 131 353 368

6.00 AM **Close Encounters**
6.30 **Storage Hunters**
9.15 **Pawn Stars** Documentary.
10.10 **Junk & Disorderly**
11.05 **Storage Wars** Double bill.
12.00 NOON **The Last Hunt for Nazi Gold** Documentary.
1.00 PM **Alone** Survival series.
2.00 **Pawn Stars** Four editions of the documentary, including at: **5.00** Chum chases down a lead on a 1963 Fiat Microcar.
6.00 **American Pickers** Mike tries pole dancing when a dumpster-diving artist invites him in.

9.00 Alone

7.00 **Forged in Fire** Top champions from previous seasons return to the forge to compete against one of the expert judges.
8.00 **History's Most Shocking** Footage of real-life events, including an exploding whale and a disaster at Dallas Airshow.
9.00 **Alone** New edition Part two of two. Ten survivalists are dropped into the remote and rugged Arctic Circle.
10.00 **Discovered by Disaster** Featuring a mythical sculpture unearthed by an Indian tsunami and a sunken ship in Utah.
11.00 **Discovered by Disaster** Evidence that ties a meteor strike to a Biblical tale, and the treasure-filled tunnel revealed by a sinkhole in Mexico.
12.00 M'T **Secrets in the Jungle**
1.50 AM **History's Most Shocking**
2.50 **Alone** As shown at 9.00pm.
3.40 **Pawn Stars** Documentary.
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Samuel L Jackson**
8.00 **The Directors**
8.55 **Stax: Soulsville USA**
10.05 **The Story of Late Night**
10.55 **Celtics City**
12.00 NOON **I Am Heath Ledger**
1.50 PM **My Icon: Michael Holding**
2.00 **Bardot**
4.00 **The Directors**
5.00 **Discovering: Samuel L Jackson**
6.00 **FILM The Alpinist** Documentary about elusive climber Marc-André Leclerc. (2021, 12, 92min) ★★★★

8.00 The United Way

7.50 **My Icon: Anthony Joshua** The heavyweight boxer talks about the individuals that have inspired him in his career.
8.00 **The United Way** The story of Manchester United Football Club, co-written and narrated by Eric Cantona. Featuring insight from the likes of David Beckham, Peter Schmeichel and Teddy Sheringham.
9.50 **My Icon: Chris Hughton**
10.00 **Terry Venables: A Man Can Dream** A look at the life and times of the football player-turned-manager, who died in November 2023.
12.00 M'T **The Alabama Solution** Documentary about the prison system in Alabama.
2.10 AM **Bad Host: Hunting the Couchsurfing Predator** 1-3/3. The story of young women who brought down a predatory Italian police officer.
5.00 **to 6.00** AM **Discovering: Samuel L Jackson**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Outback Truckers** New edition Following life on Australia's toughest highways.
9.00 **Outback Opal Hunters** New edition The Mooka Boys build a wash plant.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Faking It: Tears of a Crime** Fred Talbot.
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
10.00 **NEW SERIES Signs of a Psychopath** A murder confession exposes a deviant. **10.30** New edition A psychopath slaughters an entire loving family.
11.00 **Murder Among Friends**
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** Exploring the story of Janet Müller.
8.00 **UK Crime Files: Murder of a Lonely Hearted Wife** The case of Hassan Shatanawi.
9.00 **UK Crime Files: No Honour Killing** A look at the 'honour' killing of Banaz Mahmod.
10.00 **Murder UK** The story of David Clarke's death.
11.00 **Secrets of a Murder Detective**
12.00 M'T **UK Crime Files: Murder of a Lonely Hearted Wife**
1.00 AM **UK Crime Files: No Honour Killing**
2.00 **Murder UK**
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Seaside Strangler**
9.55 **UK Crime Files: Double Murders**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** True crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Saturday Night Strangler** True crime.
3.00 **UK Crime Files: A Deadly Love Triangle**
4.00 **Killers: Caught on Camera** True-crime.
5.00 **Medical Detectives** How a handprint helped to identify a killer. **5.30** The disappearance of a mail-order bride. **6.00** The brutal murder of an elderly couple. **6.30** A girl's murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Law & Disorder** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **The Force: Manchester**
11.00 **Caught on Dashcam**
12.00 NOON **Catching the...**
1.00 PM **Britain's Most Evil Killers** Ali Qazimaj.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Britain's Most Evil Killers**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers** Paul Runge.
9.00 **Catching the Killer**
10.00 **Killer in My Village**
11.00 **How I Caught the Killer**
12.00 M'T **Killer in My Village**
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Stop, Search, Seize**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **World of...**
9.20 **The Last Days of Anne Boleyn** The execution.
10.40 **Pocahontas: Beyond the Myth** Documentary.
11.50 **The Truth About Franco: Spain's Forgotten Dictatorship**
1.00 PM **World of...**
2.20 **The Last Days of Anne Boleyn** The execution.
3.40 **Pocahontas: Beyond the Myth** Documentary.
4.50 **The Truth About Franco: Spain's Forgotten Dictatorship**
6.00 **World of Stonehenge**
7.10 **The Last Days of Anne Boleyn** The execution.
8.25 **Pocahontas: Beyond the Myth** Documentary.
9.35 **The Truth About Franco: Spain's Forgotten Dictatorship**
10.40 **The Last Days of Anne Boleyn** The execution.
12.00 M'T **Pocahontas...**
1.05 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY

Thursday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Great Parks of Africa**
7.00 **Monkey Life** Double bill.
8.00 **Tales from Zambia**
9.00 **Shark Squad**
10.00 **Gangs of Baboon Falls**
11.00 **Nomads of the Serengeti**
12.00 NOON **Secrets of the Enchanted Forests**
1.00 PM **Monkey Life**
2.00 **Tales from Zambia**
3.00 **Shark Squad**
4.00 **Gangs of Baboon Falls**
5.00 **Nomads of the Serengeti**
6.00 **Secrets of the Enchanted Forests** Diverse woodlands.
7.00 **Monkey Life** Double bill.
8.00 **Slovenia: Where Nature Comes First** Documentary.
9.00 **Wild Battlegrounds**
10.00 **Secrets of the Enchanted Forests** Diverse woodlands.
11.00 **Nomads of the Serengeti**
12.00 M'T **Rooted** Iconic trees.
1.00 AM **Great Parks of Africa**
2.00 **Slovenia: Where Nature...**
3.00 **Wild Battlegrounds**
4.00 **Tales from Zambia**
5.00 **to 6.00** AM **Shark Squad**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Third Antichrist**
9.00 **History of Weapons**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Curse of the Ancients**
6.00 **Mystery Places** A visit to the richest village in China.
7.00 **Alien Files: Unsealed** Experts investigate the mystery of the Solway Firth Spaceman – a figure who appeared in a photograph taken in Cumbria.
8.00 **History of Weapons** Experts investigate three weapons that are easily used.
9.00 **Secrets in the Sand** The newly discovered 3,000-year-old Rise of Aten city.
10.00 A Mongolian mass grave.
11.00 **Ancient Aliens** Reports of UFOs during the Black Death.
12.00 M'T A look into evidence of aliens in ancient ruins.
1.00 AM **Alien Files: Unsealed**
2.00 **Holy Marvels with Dennis Quaid** Triple bill of editions.
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Extreme Engineering**
12.00 NOON **Alaska Mega Machines**
1.00 PM **Blowing Up History**
3.00 **How the Universe Works**
6.00 **How It's Made: Dream Cars** The crew visit the birthplace of the Superformance MKIII.
6.30 Visiting the birthplace of the Koenigsegg One:1.
7.00 How a BMW i8 is made.
7.30 Superformance GT40.
8.00 Visiting the birthplace of the Porsche 918 Spyder.
8.30 Aston Martin Vanquish.
9.00 **How It's Made** Candied fruit, linen ukuleles, throttle bottles and limestone mantels.
9.30 Montreal smoked meats and motorised scooters.
10.00 How cactus pear puree and lab reactors are made.
10.30 The processes behind the creation of digital paintings.
11.00 **How Do They Do It?**
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Codes and Conspiracies**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law** Documentary.
10.00 **My Strange Arrest**
10.30 **Court Cam** True-crime.
11.00 **Crimes That Shook Britain**
2.00 PM **Green Eyed Killers**
3.00 **Last Night Out** Triple bill.
6.00 **Homicide Hunter**
7.00 **The First 48** The shooting of a man in an apartment sets off a chain of events.
8.00 **Green Eyed Killers**
9.00 **The First 48 Presents: Critical Minutes** Friends fight over money and one winds up dead.
10.00 **Alaska State Troopers** New edition Halloween brings chaos as Troopers investigate a roadside meltdown.
11.00 **K9 PD with Jim Belushi**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Atlanta** Documentary.
2.00 **On the Case with Paula Zahn**
3.00 **Last Night Out** Double bill.
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Wild Hunters**
11.00 **World's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Kangaroo Kaos**
3.00 **Australia's Land of the Ancients** Documentary.
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet** Double bill.
7.00 **Secrets of the Zoo** A cheetah fights for its life against illness.
8.00 **Thailand's Hidden Wilderness** The wildlife of Thailand's jungles.
9.00 **Madagascar: A World Apart** The wildlife of Madagascar, home to an array of creatures found nowhere else in the world.
10.00 **When Sharks Attack** The first shark attacks ever recorded on Bali's coast.
11.00 **Inside Airport Lost & Found**
12.00 M'T **Africa's Deadliest**
1.00 AM **Casey and Brutus: Grizzly Encounters**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet** Documentary.
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

161/172 147 181

7.00 AM **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Expedition Unknown** The buried secrets of three elusive women in ancient Egypt.
9.00 **Paranormal Declassified** Exploring what could happen if there was a zombie apocalypse.
10.00 **How Do They Do It?** A look at how the Fender Stratocaster electric guitar is made.
10.30 A look into the gravity-defying 'magic' behind Pisa's leaning tower.
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Canal Boat Diaries**
11.00 **Great Australian Railway Journeys** Double bill.
1.00 PM **Canal Boat Diaries**
3.00 **Great Australian Railway Journeys** Double bill.
5.00 **Canal Boat Diaries**
7.00 **Great Australian Railway Journeys** Michael Portillo ventures Down Under to explore Australia by train.
8.00 Michael explores New South Wales by train.
9.00 **Canal Boat Diaries** Robbie Cumming receives a soaking inside the Blisworth Tunnel on the Grand Union Canal.
10.00 During a cold snap, Robbie gets iced in on the Grand Union Canal.
11.00 **Great Australian Railway Journeys** Double bill.
1.00 AM **Canal Boat Diaries**
3.00 **Rescued Chimpanzees of the Congo with Jane Goodall**
4.40 **Canal Boat Diaries**
5.30 **to 6.00** AM **Fred Dibnah's Age of Steam**

+1hour 266 376

ID

154 140 166

8.00 AM **Homicide City**
11.00 **Homicide City: Charlotte**
12.00 NOON **The Murder Tapes**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **On the Case with Paula Zahn** Four editions, including at:
6.00 A young mother is murdered in her own home.
7.00 **Death by Fame** Baron 'Dirty' Colon goes on a reality show with an ulterior motive.
8.00 A runway model turned mom-a-ger turns up dead at the bottom of her pool.
9.00 **Murder on CCTV** Police piece together a killer's video trail.
10.00 A grainy parking lot video is the lone witness to a father's tragic execution.
11.00 **A Body in the Basement** In 2017, an Ohio couple discover a dismembered body in a basement freezer.
12.00 M'T **Murder Calls**
2.00 AM **On the Case with Paula Zahn** Double bill of editions.
4.00 **to 6.00** AM **Death by Fame**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers** Double bill.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **G.A.S. Extreme Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Locals in Kentucky compete.
9.00 **Goblin Works Garage** The team see potential in a 1980s MG.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Workshop** The team try to win one of their biggest restorations – a 1950s Porsche 356.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.05 AM **Tom and Jerry: Forbidden Compass** (2025)
9.00 **Looney Tunes: The Day the Earth Blew Up** As 4.50am.
10.40 **Hamnet** As 8.00pm.
1.00 PM **Tom and Jerry: Forbidden Compass** Animated family adventure. (2025, PG, 104min)
2.45 **Signal One** As 11.50pm.
4.25 **Mortal Kombat II** Adventure. (2024, 15, 116min) ★★★
6.25 **Normal** Action comedy. (2026, 15, 91min) ★★★★

6.25 Normal

8.00 **Hamnet** Period drama starring Paul Mescal and Jessie Buckley. After losing their son to plague, Agnes and William Shakespeare grapple with grief. With Emily Watson, Joe Alwyn, Jacobi Jupe and Noah Jupe. (2025, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Seven Snipers** Thriller starring Radha Mitchell. A retired sniper in hiding must reunite her kill squad when a warlord threatens her daughter. (2025, 15, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Signal One** Sci-fi thriller starring Isabelle Fuhrman. (2026, 15, 87min) ★★★★
1.30 AM **Primate** Horror thriller. (2025, 18, 92min) ★★★
3.05 **Lurker** Psychological drama. (2025, 15, 100min) ★★★★
4.50 **to 6.30** AM **Looney Tunes: The Day the Earth Blew Up** Animation. (2024, PG, 91min)

Sky Cinema Box Set

303 303 403 503 517

7.00 AM **Men in Black 3** (2012)
9.00 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
11.00 **Dumb and Dumberer: When Harry Met Lloyd** (2003, 12) ★
12.30 PM **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
2.15 **Men in Black II** Sci-fi comedy. (2002, PG, 88min) ★★★
4.00 **Men in Black 3** Sci-fi comedy. (2012, PG, 105min) ★★★★
6.00 **Men in Black: International** Sci-fi comedy. (2019, 12) ★★★

8.00 Pitch Black

8.00 **Pitch Black** Sci-fi horror thriller starring Vin Diesel and Radha Mitchell. A space transport ship crash-lands on a planet populated by voracious monsters that can only come out at night. With Cole Hauser. (1999, 15, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*, starring Vin Diesel. Intergalactic fugitive Riddick encounters a ruthless race of warriors. (2004, 15, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Riddick** Sci-fi thriller sequel starring Vin Diesel. (2013, 15, 122min) ★★★
2.05 **Mad Max** Action thriller. (1979, 15, 93min) ★★★★★
3.50 **Mad Max 2** Thriller sequel. (1981, 15, 95min) ★★★★
5.35 **to 6.10** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.30 AM **The Breakfast Club** Comedy drama. (1984, 15, 97min) ★★★★
8.15 **Stand by Me** Nostalgic drama. (1986, 15, 89min) ★★★★★
9.50 **Black Dog** Drama with Jamie Flatters. (2023, 15, 96min) ★★★
11.30 **A Star Is Born** Music drama. (2018, 15, 136min) ★★★★★
1.50 PM **Hamnet** As 10.05pm.
4.00 **Bohemian Rhapsody** Biopic. (2018, 12, 134min) ★★★★

6.15 **September 5** Fact-based thriller starring Peter Sarsgaard, John Magaro and Ben Chaplin. (2024, 15, 95min) ★★★★
8.00 **True Grit** Western remake starring Jeff Bridges, Hailee Steinfeld and Matt Damon. (2010, 15, 110min) ★★★★
10.05 **Hamnet** Historical drama starring Paul Mescal and Jessie Buckley. After losing their son to plague, Agnes and William Shakespeare grapple with grief. (2025, 12, 125min) ★★★★

12.15 AM **The Brutalist** Epic period drama starring Adrien Brody. (2024, 18, 215min) ★★★★★
3.35 **Six Minutes to Midnight** Thriller starring Judi Dench. (2020, 12, 99min) ★★★
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.00 AM **Van Helsing** Adventure. (2004, 12, 132min) ★★★
8.15 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
10.25 **Blade Runner 2049** Thriller sequel starring Ryan Gosling. (2017, 15, 164min) ★★★★★
1.20 PM **The Core** Sci-fi action thriller. (2002, 12, 135min) ★★★
3.50 **Flash Gordon** Sci-fi adventure. (1980, PG, 115min) ★★★

5.55 **Oblivion** Sci-fi adventure. (2013, 12, 119min) ★★★★
8.00 **28 Years Later** Horror sequel with Jodie Comer, Aaron Taylor-Johnson and Ralph Fiennes. (2025, 15, 115min) ★★★★
10.00 **Zombieland: Double Tap** Horror comedy sequel starring Woody Harrelson, Jesse Eisenberg and Emma Stone. A decade after they joined forces, a group of friends clash with super zombies in Graceland. (2019, 15, 99min) ★★★

11.40 **Night Patrol** Horror thriller starring Jermaine Fowler. (2025, 15, 103min) ★★★
1.30 AM **Oblivion** As 5.55pm.
3.35 **Friendship's Death** Thriller. (1987, 15, 78min) ★★★
5.00 **to 6.45** AM **Mr. Vampire** Horror comedy. (1985, 15, 96min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.35 AM **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
9.10 **Ghostbusters: Afterlife** Supernatural comedy sequel. (2021, 12, 124min) ★★★★
11.20 **Free Willy** As 11.05pm.
1.15 PM **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
3.30 **Hook** Fantasy adventure. (1991, U, 140min) ★★★
6.00 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★

6.00 Look Who's Talking

7.45 **Look Who's Talking Too** Comedy sequel starring Kirstie Alley and John Travolta, and featuring the voices of Bruce Willis and Roseanne Barr. (1990, 12, 77min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **Look Who's Talking Now** Comedy sequel starring John Travolta and Kirstie Alley, and featuring the voices of Danny DeVito and Diane Keaton as a pair of mismatched dogs. (1993, 12, 95min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Free Willy** Family adventure starring Jason James Richter. (1993, U, 112min) ★★★★
1.00 AM **Lemony Snicket's A Series of Unfortunate Events** Fantasy comedy. (2004, PG, 103min) ★★★★
2.50 **Cats & Dogs** Fantasy comedy. (2001, PG, 87min) ★★★
4.30 **to 6.00** AM **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel. (2010, U, 82min) ★★

Sky Cinema Action

306 306 407 507 521

6.20 AM **300** (2006, 15) ★★★★
8.20 **300: Rise of an Empire** Adventure. (2014, 15) ★★★
10.20 **Jurassic Park III** Adventure. (2001, PG, 92min) ★★★
11.55 **Jurassic World** Adventure. (2015, 12, 124min) ★★★★
2.00 PM **The Lord of the Rings: The Fellowship of the Ring** Fantasy. (2001, PG) ★★★★★
5.00 **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★

5.00 Lord of the Rings: The Two...

8.00 **The Lord of the Rings: The Return of the King** Epic adventure concluding Peter Jackson's trilogy based on JRR Tolkien's mythical saga, starring Elijah Wood, Ian McKellen and Viggo Mortensen. As the forces of good and evil contend in a massive battle before the citadel of Minas Tirith, Frodo Baggins nears the end of his quest to destroy the ring of power. (2003, 12, 201min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Normal** Action comedy starring Bob Odenkirk, Henry Winkler and Lena Headey. (2026, 15, 91min) ★★★★
1.15 AM **Safe House** Thriller starring Holt McCallany. (2025, 15, 90min) ★★★
3.00 **Prisoner of War** Wartime action thriller starring Scott Adkins and Peter Shinkoda. (2025, 15, 112min) ★★★
5.05 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
9.10 **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
11.10 **Police Academy** Comedy. (1984, 15, 95min) ★★★
12.50 PM **Police Academy 2: Their First Assignment** (1985) ★★
2.20 **Police Academy 3: Back in Training** Comedy. (1986, PG) ★
3.50 **Notting Hill** (1999, 15) ★★★★
6.00 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★

9.35 Bridget Jones

8.00 **Big Daddy** Comedy starring Adam Sandler as a law school graduate who adopts a young boy to impress his girlfriend. With Joey Lauren Adams. (1999, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. Bridget enters the dating game again, caught between her son's science teacher and a younger man. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **'About Last Night...'** Comedy drama starring Rob Lowe. (1986, 18, 113min) ★★★
1.35 AM **Logan Lucky** Crime caper starring Channing Tatum. (2017, 12, 114min) ★★★★
3.35 **Seven Psychopaths** Dark comedy thriller starring Colin Farrell and Sam Rockwell. (2012, 15, 106min) ★★★★
5.30 **to 7.05** AM **Big Daddy** (1999)

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **Sky Cinema Preview**
7.15 **The Dry** Crime drama. (2020, 15, 117min) ★★★★
9.25 **The Perfect Storm** Drama. (2000, 12, 129min) ★★★★
11.45 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
1.50 PM **Jason Bourne** Thriller. (2016, 12, 123min) ★★★
4.00 **Lethal Weapon 3** Thriller sequel. (1992, 15, 118min) ★★
6.00 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★

10.20 Basic Instinct

8.00 **Red Dragon** Crime thriller starring Edward Norton, Ralph Fiennes and Anthony Hopkins. A troubled former FBI agent is brought out of retirement to hunt down a serial killer and is forced to turn to his old nemesis, Hannibal Lecter, for advice. (2002, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

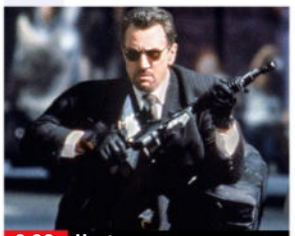
10.20 **Basic Instinct** Thriller starring Michael Douglas as a maverick detective who falls under the spell of a murder suspect. With Sharon Stone. (1992, 18, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **True Romance** Crime thriller starring Christian Slater. (1993, 18, 118min) ★★★★
2.45 **The Krays** Crime drama. (1990, 18, 119min) ★★★
4.55 **to 7.00** AM **RocknRolla** Guy Ritchie's crime comedy thriller. (2008, 15, 110min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Battle at Apache Pass** Western starring Jeff Chandler. (1952, U, 85min) ★★
12.45 PM **Ride Lonesome** Western. (1959, 12, 73min) ★★★★
2.20 **Siege of the Saxons** Medieval action adventure. (1963, U, 85min) ★★★
4.15 **Cleopatra** Epic historical drama starring Elizabeth Taylor and Richard Burton. (1963, PG, 241min) ★★★★



9.00 Heat

Cleopatra (film started at 4.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Heat** Michael Mann's crime thriller starring Al Pacino and Robert De Niro. An LA police detective is determined to catch an elusive master criminal whose dedication to his profession matches his own. (1995, 15, 171min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Chopper** Australian crime drama based on the true story of a murderer who rose to media stardom. Stars Eric Bana, Simon Lyndon and David Field. (2000, 18, 94min) ★
2.15 **to 4.00** AM **We're All Going to the World's Fair** Coming-of-age horror starring Anna Cobb and Michael J Rogers. (2021, 15, 86min) ★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Animation

302 302 402 502 516

6.30 AM **Dr Seuss' The Lorax** Animation. (2012, U) ★★★
8.00 **Tom and Jerry: Forbidden Compass** Animated family adventure. (2025, PG, 104min)
9.50 **Chicken Run** Animated comedy. (2000, U, 84min) ★★★★
11.20 **Secret Life of Pets** Animation. (2016, U, 83min) ★★★
12.50 PM **Secret Life of Pets 2** Animation. (2019, U) ★★★
2.25 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★
4.00 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
5.35 **Happy Feet** Animated musical. (2006, U, 108min) ★★★★
7.25 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
9.10 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
10.45 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★
12.15 AM **Mr Peabody & Sherman** Animation. (2014, U) ★★★★
1.50 **Corpse Bride** (2005) ★★★★
3.10 **Flushed Away** Animation. (2006, U, 85min) ★★★★
4.40 **Cinema List: Family Favourites**
5.00 **to 6.35** AM **Riverdance: The Animated Adventure** (2021)

Sky Cinema Greats

307 307 404 504 518

6.35 AM **The Lion in Winter** Drama. (1968, 15, 135min) ★★★★
8.55 **Chaplin** Biopic of Charlie Chaplin, starring Robert Downey Jr. (1992, 15, 145min) ★★★
11.25 **Moulin Rouge** John Huston's biopic. (1952, PG, 120min) ★★★
1.35 PM **Footloose** Teen dance drama. (1984, 12, 107min) ★★★
3.35 **Tommy** Ken Russell's musical. (1975, 15, 111min) ★★★★
5.35 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
8.00 **Legends of the Fall** Epic period drama with Brad Pitt, Anthony Hopkins and Aidan Quinn. (1994, 15, 133min) ★★★★
10.15 **The Green Mile** Prison drama starring Tom Hanks and Michael Clarke Duncan. A prison guard encounters a death-row inmate who possesses a magical gift. (1999, 18, 189min) ★★★★
1.20 AM **The Exorcist** Occult horror chiller starring Max von Sydow. (1973, 18, 121min) ★★★★★
3.30 **Full Metal Jacket** Stanley Kubrick's Vietnam War drama. (1987, 15, 115min) ★★★★
5.30 **to 7.40** AM **True Grit** Western. (1969, PG, 128min) ★★★★★

Disney+ Cinema

305 305

6.00 AM **Cinderella** Animation. (1950, U, 75min) ★★★★
7.20 **Brave** Animated adventure. (2012, PG, 93min) ★★★★
9.00 **George of the Jungle** Family comedy. (1997, U, 92min) ★★
10.35 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
12.20 PM **Raya and the Last Dragon** Animated fantasy adventure. (2021, PG, 103min) ★★★★
2.10 **The Lion King** Animation. (2019, PG, 118min) ★★★
3.40 **A Bug's Life** Animated comedy. (1998, U, 94min) ★★★★★
5.20 **WALL-E** Animated adventure. (2008, U, 98min) ★★★★
7.00 **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
9.00 **Deadpool & Wolverine** Fantasy adventure sequel starring Ryan Reynolds and Hugh Jackman. (2024, 15, 128min) ★★★★
11.10 **Let's Be Cops** Crime comedy. (2014, 15, 101min) ★★
12.55 AM **The East** Political thriller. (2013, 15, 111min) ★★★★
2.55 **28 Weeks Later** Horror thriller sequel starring Robert Carlyle. (2007, 18, 99min) ★★★★
4.40 **to 6.00** AM **Pocahontas** Animated historical adventure. (1995, U, 81min) ★★★

Movies 24

312 313 419

7.00 AM **Polar Opposites** Romantic drama. (2025, PG, 84min) ★★
9.00 **A Miracle in Bethlehem** Drama. (2023, PG, 90min) ★★
11.00 **Romance at Hope Ranch** Drama. (2026, PG, 84min) ★★
1.00 PM **A Melbourne Match** Drama. (2026, PG, 90min) ★★
3.00 **Write Place, Write Time** Romantic comedy with Kaitlyn Leeb. (2023, PG, 85min) ★★
5.00 **A Playful Love** Romantic comedy. (2022, PG, 84min) ★★
7.00 **Napa Ever After** Romantic drama starring Denise Boutte. (2023, PG, 90min) ★★
9.00 **Modeled with Love** Romantic drama starring Ashley Argota Torres. A woman preparing to take over her father's model-making company encounters a rival with big plans. (2023, PG, 90min) ★★
11.00 **Fourth Down and Love** Drama. (2023, PG, 90min) ★★
1.00 AM **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy starring Rachel Boston. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Royal-Ish** Drama. (2025, PG, 84min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Courageous Mr Penn** Fact-based historical drama. (1940, b/w, PG, 122min) ★★
7.35 **The Large Rope** Crime thriller. (1953, b/w, PG, 72min) ★★
9.00 **The Atomic Submarine** Drama. (1959, b/w, PG, 68min) ★★
10.30 **Scandal Sheet** Crime drama. (1951, b/w, PG, 82min) ★★
12.10 PM **The Bespoke Overcoat**
12.55 **Cinebox Memories**
1.00 **The Adventures of Sir Lancelot**
1.35 **By the Dome It's Known**
2.50 **First Comes Courage** Drama. (1943, b/w, PG, 88min) ★★
4.35 **Albert RN** Fact-based drama. (1953, b/w, PG, 89min) ★★
6.20 **Strange But True**
6.55 **The Brothers** 11/13. (S3)
8.00 **Mark Saber** 22/39. (S4)
8.30 **The Wheeltappers and Shunters Social Club** (S2)
9.20 **Assault** Crime drama starring Suzy Kendall and Frank Finlay. (1970, 18, 91min) ★★
11.10 **Deux Hommes dans la Ville** French crime drama. Subtitled. (1973, 15, 100min) ★★
1.10 AM **I, The Jury** (1953, U) ★★
2.55 **Castle Sinister** (1948, PG) ★★
4.00 **Burke's Law** 2/32. (S2)
5.00 **to 6.00** AM **The Man from UNCLE**

THURSDAY Sport 20 August

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Test Cricket Bitesize**
10.15 **LIVE Test Cricket** **England v Pakistan.** Coverage of the second day of the first Test in the three-match series staged at Headingley Cricket Ground, Leeds.
7.00 PM **The Transfer Show**
7.30 **LIVE EFL** **Sheffield Wednesday v Bradford City.** Coverage of the League One game at Hillsborough, as the Yorkshire rivals meet for the first time since Bradford's 3-1 home win in the 2022/2023 EFL Trophy. Kick-off **8.00pm**.
10.30 **LIVE PGA Tour Golf** Coverage of the opening day of the BMW Championship, the second tournament in the FedExCup play-offs staged at Bellerive Country Club in St Louis, Missouri.
12.00 M'T **LIVE WTA & ATP Tennis** Coverage of day eight of the Cincinnati Open, the joint ATP 1000 and WTA 1000 hard-court tournaments at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years**
3.00 **PL Retro** Tottenham Hotspur v Arsenal in the 2003/04 season.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **The Transfer Show** Analysis of the latest transfer news.
8.00 **The Big Interview** With a Premier League star of the past or present.
8.30 **Premier League 100 Club** A look back at Harry Kane's top-flight goals for Tottenham Hotspur. The striker reached his century with a last-minute penalty against Liverpool in February 2018.
9.00 **PL 360** A look at Coventry City's return to the Premier League.
11.00 **Premier League Years** A look back at the 2025/26 season.
1.00 AM **PL Retro** Bournemouth v Liverpool from 2016/17.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **EFL Highlights**
2.30 PM **EFL League One Goals**
3.00 **EFL League Two Goals**
3.30 **EFL Cup Highlights**
4.30 **EFL Highlights** Championship.
6.30 **Bundesliga Weekly**
7.00 **EFL League One Goals**
7.30 **LIVE EFL** **Sheffield Wednesday v Bradford City.** Coverage of the League One game at Hillsborough, as the Yorkshire rivals meet for the first time since Bradford's 3-1 home win in the 2022/2023 EFL Trophy. Kick-off **8.00pm**.
10.30 **Bundesliga Preview** A look at the new season in Germany.
11.30 **Bundesliga Weekly**
12.00 M'T **EFL** The 2012/13 play-offs.
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 24/25**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Test Cricket**
7.00 **International T20 Cricket**
8.00 **Test Cricket** England v Pakistan.
9.00 **Nepal Climbing Cricket's Mountain** Documentary.
9.30 **International T20 Cricket**
10.00 **Test Cricket Bitesize**
10.15 **LIVE Test Cricket** **England v Pakistan.** Coverage of the second day of the first Test in the three-match series staged at Headingley Cricket Ground, Leeds. The teams last met here in this format in 2018, when Jos Buttler top-scored with 80 in a victory for the hosts by an innings and 55 runs, which started a six-Test winning streak for England at this venue.
7.00 PM **Best of ICC WT20**
7.30 **Nepal Climbing Cricket's Mountain** Documentary.
8.00 **Test Cricket** England v Pakistan.
9.00 **International T20 Cricket**
9.30 **Test Cricket Bitesize**
10.00 **Test Cricket** England v Pakistan.
11.00 **One-Day International Cricket** Action from England v India.
12.00 M'T **Test Cricket** Highlights.
2.00 AM **The Hundred**
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour: The Cut**
6.30 **HotelPlanner Tour Golf**
7.00 **DP World Tour Golf**
7.30 **Legends Tour Golf**
8.30 **Ladies European Tour Golf**
9.30 **PGA Tour Golf**
10.30 **PGA Tour Champions**
11.30 **PGA Tour: The Cut**
12.00 NOON **PGA Tour Champions Learning Centre** Golf tips.
12.30 PM **LIVE DP World Tour Golf** Day one of the Nexo Championship at Trump International Golf Links.
5.30 **LIVE PGA Tour Golf** Coverage of the featured groups on day one of the BMW Championship.
8.00 **LIVE PGA Tour Golf** Further coverage of day one of the BMW Championship held at Bellerive Country Club in St Louis, Missouri.
12.00 M'T **LIVE LPGA Tour Golf** Day one of the CPKC Women's Open.
2.00 AM **PGA Tour Golf**
4.00 **School of Golf** Expert tips.
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP Tour This Week**
6.30 **ATP Tennis** Barcelona Open.
7.30 **ATP Tour This Week**
8.00 **WTA & ATP Tennis** Highlights.
4.00 PM **LIVE WTA & ATP Tennis** Coverage from the doubles draws on day eight of the Cincinnati Open.
12.00 M'T **LIVE WTA & ATP Tennis** Further coverage of day eight of the Cincinnati Open staged at Lindner Family Tennis Center in Mason, Ohio, where the quarter-finals are scheduled to begin.
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Discovery Golf**
6.30 **NWSL** Recent highlights.
8.30 **The Fantasy Show**
9.00 **Reframe the Game**
9.15 **Cycling** Event highlights.
12.15 PM **LIVE Cycling** The second stage of the women's Lloyds Tour of Britain, a 110.5km route starts in Clitheroe and ends in Blackpool.
2.45 **LIVE Cycling** Coverage of stage two of the men's Renewi Tour.
4.45 **TNT Sports Reload**
5.00 **MLB Highlights**
6.00 **LIVE MLB** **Tampa Bay Rays v Toronto Blue Jays.** Coverage of the American League East match at Tropicana Field. Start-time is at **6.10pm**.
9.00 **Hard Knocks: Training Camp with the Seattle Seahawks**
10.00 **AFL** St Kilda v Gold Coast Suns.
11.30 **LIVE MLB** **Baltimore Orioles v New York Yankees.** Coverage of the American League East match at Camden Yards, as the three-game series is concluded. Start-time **11.35pm**.
2.30 AM **MLB Plays of the Week**
3.00 **UFC: The Ultimate Fighter**
4.00 **Discovery Golf**
4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 2

411 414 522 409 431

6.00 AM **Test Cricket Highlights**
7.00 **Tour de France Women**
8.00 **Sign Up – Into Football**
9.00 **UEFA Champions League**
12.00 NOON **Test Cricket Highlights** Sri Lanka v India: Action from the fifth day of the first Test staged at Galle International Stadium.
1.00 PM **LIVE Cycling Pro Series** Coverage of the opening stage of the men's Lidl Deutschland Tour, a route of 216.3km from Bad Orb to Schwabisch Hall.
4.00 **CPL Highlights** Saint Lucia Kings v Guyana Amazon Warriors.
4.30 **LIV Golf** A look back at the 11th round of the season at Trump National Golf Club Bedminster.
5.30 **LIVE LIV Golf** Coverage of the first round at LIV Golf Indianapolis, the final solo event of the season staged at The Club at Chatham Hills in Westfield, Indiana.
11.30 **LIVE CPL** **Antigua & Barbuda Falcons v St Kitts & Nevis Patriots.** Coverage of the T20 match at Sir Vivian Richards Stadium in Antigua.
3.45 AM **TNT Sports Cricket Reload**
4.00 **to 6.00** AM **Test Cricket Highlights**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
9.30 **Boxing** Johnson v Thorslund.
10.30 **Rugby Greatest Games**
10.50 **LIVE NRL** **Melbourne Storm v Penrith Panthers.** Coverage of the match in the 25th round of fixtures at AAMI Park. Kick-off **10.50am**.
12.50 PM **Rugby Greatest Games**
1.00 **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Highlights** San Francisco 49ers v Seattle Seahawks.
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights** Los Angeles Rams v San Francisco 49ers from the 2025/26 season. **8.15** Highlights from New York Giants v Philadelphia Eagles.
8.30 **NBA Basketball** Memphis Grizzlies v Philadelphia 76ers.
10.30 **NFL Bitesize Highlights**
10.45 **NFL Highlights**
12.45 AM **LIVE NFL** **Houston Texans v Las Vegas Raiders.** Coverage of the pre-season match at NRG Stadium in Houston. Kick-off **1.00am**.
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Super League** A chance to see Wigan Warriors v Leeds Rhinos.
10.50 **LIVE NRL** **Melbourne Storm v Penrith Panthers.** Coverage of the match in the 25th round of fixtures held at AAMI Park. Kick-off **10.50am**.
12.50 PM **My Icon** Leon Pryce.
1.00 **Lunchtime Live** Magazine.
2.00 **The World Football Show**
3.00 **My Icon** Tanni Grey-Thompson.
3.15 **LIVE PGA Tour Golf** Coverage of the featured groups on day one of the BMW Championship, the second tournament in the FedExCup play-offs at Bellerive Country Club in St Louis, Missouri.
8.00 **Sports Centre** A round-up of the latest sports news.
10.00 **Sky Sports News**
10.30 **Paper Talk** A look at the stories dominating the news headlines.
11.00 **LIVE LPGA Tour Golf** Coverage of the opening day of the CPKC Women's Open held at Royal Mayfair Golf Club in Alberta.
2.00 AM **Super League**
4.45 **My Icon** Henni Goya.
5.00 **to 6.00** AM **ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **PL Greatest Games**
7.00 **ICC Women's T20 World Cup**
8.00 **ATP Tennis** Indian Wells Open.
9.00 **Women's PGA Championship**
10.00 **The Players Championship**
11.00 **WTA Tennis** Bogota Open final.
12.00 NOON **My Icon** Sporting heroes.
12.30 PM **Rob Cross: 2018 World Champion** Documentary.
1.00 **NFL Highlights**
2.00 **Super League** A match replay.
4.45 **My Icon** Heather Fisher.
5.00 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **Indycar** The Indy at Markham.
9.00 **Formula 1** Highlights.
11.00 **NFL Highlights** Recent action.
12.00 M'T **My Icon** Double bill.
12.30 AM **Darts Gold** Archive action.
12.45 **LIVE NFL** **Houston Texans v Las Vegas Raiders.** Coverage of the pre-season match from NRG Stadium in Houston. Kick-off **1.00am**.
4.45 **My Icon** Sporting influences.
5.30 **to 6.00** AM **Darts Gold**

TNT Sports 3

413 415 523 410 432

6.00 AM **The Gruppetto**
6.15 **Fishing: On the Bank**
7.15 **ABB FIA Formula E World Championship Highlights**
9.15 **British Superbikes Highlights**
10.15 **LIVE AFL** **St Kilda v Gold Coast Suns.** Coverage of the match from the 24th round of fixtures at Marvel Stadium. Bounce-up **10.30am**.
1.30 PM **Serie A** Lecce v Inter Milan.
2.30 **LIVE Cycling** Coverage of stage two of the men's Renewi Tour, featuring a sprint-friendly route from Blankenberge to Ardooie.
4.45 **The Gruppetto** Cycling news.
5.00 **Serie A** Action from Italy.
9.00 **Inside Serie A** The latest news from the Italian top flight.
9.30 **Test Cricket Highlights** The first Test between Sri Lanka and India.
11.30 **Cycling** Recent highlights.
2.30 AM **AFL** Another chance to see St Kilda v Gold Coast Suns.
4.00 **to 6.00** AM **NWSL**

TNT Sports 4

414 416 524 411 434

6.00 AM **European Rally Championship Highlights**
6.30 **Serie A** Highlights from Italy.
10.30 **Premier League Review**
1.30 PM **LIVE Cycling** Coverage of stage three of the men's Tour of Limousin, a 181.8km route from Saint-Privat to Égletons.
4.00 **Premier League Review** A look back at matchday 30 of the 2025/26 season, including Manchester United v Aston Villa. **5.00** Action from matchday 31 of the 2025/26 season, including Newcastle v Sunderland and Manchester City v Crystal Palace. **6.00** A look back at the best action from matchday 32 of the top flight, featuring Manchester United v Leeds United.
7.00 **Premier League: Big Interview**
7.30 **Premier League Review**
11.30 **Premier League: Big Interview**
12.00 M'T **Premier League Review**
2.00 **to 6.00** AM **Serie A**

Premier Sports 1

419 APP 528

6.00 AM **Swedish Speedway**
8.00 **Bike World** Magazine.
8.30 **LaLiga Match Highlights**
9.30 **Sporting Greats**
10.00 **FIM Sidecarcross Championship**
11.00 **Coppa Italia** Pisa v Empoli.
1.00 PM **NASCAR Highlights**
2.00 **Swedish Speedway**
4.00 **Bike World** Magazine.
4.30 **European Le Mans Series**
5.30 **Sporting Greats** Sporting figures discuss their careers.
6.00 **LaLiga** Another chance to see Atlético Madrid v Malaga.
7.55 **LIVE LaLiga** **Rayo Vallecano v Alaves.** Coverage of the Spanish top-flight match staged at Campo de Fútbol de Vallecas. Kick-off **8.00pm**.
10.00 **World of FreeSports**
10.30 **NASCAR Highlights**
11.30 **LaLiga** Celta Vigo v Osasuna. **1.30** AM Rayo Vallecano v Alaves.
3.30 **NHL Ice Hockey**
5.30 **to 6.00** AM **NHL: This is Hockey**

Premier Sports 2

420 APP 529

6.00 AM **Football's Greatest**
7.00 **Brasileiro Serie A** A chance to see Fluminense v Palmeiras.
9.00 **Temples of Sport**
9.30 **GP Insights** The latest news from the world of the Grand Prix circuit.
10.00 **Brasileiro Serie A** A chance to see Mirassol v Flamengo.
12.00 NOON **Football's Greatest**
1.00 PM **NASCAR Trucks** Action from Richmond Raceway.
4.00 **GP Insights** The latest news from the world of the Grand Prix circuit.
4.30 **Coppa Italia** Palermo v Lecce.
6.30 **Temples of Sport** Iconic sporting venues from around the globe.
7.00 **Coppa Italia** Lazio v Mantova.
9.00 **Football's Greatest** The finest players discuss their careers.
9.30 **Coppa Italia** Pisa v Empoli.
11.30 **Temples of Sport**
12.00 M'T **Argentine Primera**
2.00 AM **NASCAR Trucks** Highlights.
5.00 **Bike World** The latest news.
5.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
1.00 PM **F1 Drivers Press Conference**
1.45 **Formula 1** Hungarian Grand Prix.
2.45 **F1 Academy: Weekend Wrapped** British Grand Prix.
3.15 **F1 Drivers Press Conference**
4.00 **Formula 1** Dutch Grand Prix.
5.30 **F1 Drivers Press Conference**
6.15 **Formula 1** Highlights.
7.45 **F1 Drivers Press Conference**
8.30 **Formula 1** Dutch Grand Prix.
10.00 **F1 Drivers Press Conference**
10.45 **Formula 1** Dutch Grand Prix.
11.15 **F1 Academy: Weekend Wrapped** British Grand Prix.
11.45 **Formula 1** Hungarian Grand Prix.
12.45 AM **F1 Feature**
1.00 **The Best of F1**
5.00 **to 6.00** AM **F1 Explained**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

21 August

Planner

Premier League

FOOTBALL Sky Sports, kick-off 8pm

Champions Arsenal begin their title defence against Coventry City, who return to the top flight for the first time in 25 years. Can Frank Lampard's Sky Blues pull off a huge opening-night upset?

Ann Droid

COMEDY BBC 1, 9.30pm

As the series ends tonight, fingers crossed for a second season. Co-creator Diane Morgan has been brilliant as the quietly empathetic robot Linda, while Sue Johnston and her character's unlucky adult son, Michael (Paul Ready) provide endless comedic possibilities. More, please!

You're Killing Me

DRAMA U&Drama, 8pm (box set, U)

Brooke Shields stars in this new cosy crime drama as a fading mystery writer who teams up with a cynical Gen Z true-crime podcaster to crack the case when a fellow author is found murdered during a local convention.

Five Nights at Freddy's 2

HORROR Sky Premiere, 11.40am & 8pm

A year on from the terrifying events of the original, Mike, Vanessa and Mike's little sister Abby find themselves reunited with the demonic animal mascots that appear to have murder in mind.

Friday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 The Travelling...	8.00 Celebrity MasterChef		9.00 Would I Lie to...	9.30 Ann Droid	10.00 News; Local News	
	102 BBC2	7.00 Athletics: Diamond League Lausanne – Live: The Athletissima				9.00 Bergerac		10.00 QI	10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Abbey Clancy... †	8.00 Emmerdale	8.30 Coronation...	9.00 Who Wants to Be a Millionaire?...		10.00 The Twisted Tale of Amanda Knox	
	104 CHANNEL 4	7.00 News		8.00 Surgery Secrets of the Super Rich		9.00 8 Out of 10 Cats Does Countdown		10.00 Big Fat Quiz: Best Bits	
	105 5	7.00 Tom Read Wilson's Grand Tour		8.00 Alexander Armstrong in Sri Lanka		9.00 Heat			
	106 SKY ONE	7.00 The Simpsons		8.00 A League of Their Own		9.00 Micky Flanagan – An' Another Fing Live			
ENTERTAINMENT	115 BBC3		7.10 Deadly 60	7.40 Film: Chicken Run		9.00 Death in Paradise		10.00 Not Going Out	
	116 BBC4	7.00 Today at the Test		8.00 Miles Davis: A Celebration at the Proms		9.15 TOTP: 1982	9.55 TOTP: 1987	10.25 Nick Lowe: BBC...	
	118 ITV2	7.00 The Floor		8.00 The 1% Club Valentine's Special		9.00 Film: The Batman			
	136 MORE4	‹ 6.50 Car S.O.S.		7.55 Grand Designs		9.00 Carpe Diem		10.05 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 The Great Celebrity Bake Off for...		9.00 Celebrity Gogglebox for SU2C		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Chicago Med		9.00 Chicago Fire		10.00 Chicago PD	
	108 SKY ATLANTIC	‹ 6.30 House of the Dragon				9.00 Station Eleven			
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army		8.20 Are You Being Served?	9.00 The Office			
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?		8.20 QI XL		9.25 Would I Lie to You?	10.00 Magnum P.I.	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Doc Martin				10.00 Lewis	
	120 ITV4	‹ 5.50 Sharpe		8.00 Who Wants to Be a Millionaire?...		9.00 Film: RoboCop 3			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Al Murray: One Man, One Guvnor Uncut		10.00 Mr Bean	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Film: The Lawnmower Man			
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 You're Killing Me		9.00 Father Brown		10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise		9.00 NCIS: Sydney		10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Queen: Champions of the World			
	132 U&W	7.00 MasterChef Australia		8.15 Nigella: At My Table		9.00 Pete Wicks: For Dogs' Sake			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Gold Rush: Mine Rescue with Freddy...		9.00 Expedition Files		10.00 Mystery at Blind Frog Ranch	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 100 Days Wild		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Titanic: The Digital Resurrection			9.30 Titanic: 25 Years Later with James...		10.30 Construction...
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Full Custom Garage		9.00 World War II: Witness to War			
	155 U&YESTERDAY	7.00 The Blue Planet		8.00 Canal Boat Diaries				10.00 Bangers & Cash	
	114 SKY DOCS	‹ 6.00 I'm Chevy Chase and You're Not		8.00 Becoming Madonna				10.00 God Bless Ozzy Osbourne	

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Countryfile Treasures** (S)(R)
10.30 **Garden Rescue** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition From Lewes, East Sussex. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **The Hairdresser Mysteries** Series finale *The Bells:* 6/6. A mysterious American charms the residents with plans to save the church tower. (S1) (S)(AD)
■ Entire series on BBC iPlayer
2.45 **Escape to the Country** (S)(R)
3.30 **The Repair Shop** (S)(R)(AD)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

4.30 The Answer Run

7 PM
7.00 **The One Show** Angellica Bell and JB Gill present the topical show. (S)
7.30 **The Travelling Auctioneers** Globetrotter Jenny returns home determined to honour her late grandmother's legacy with an art exhibition. (S)(R)

8 PM
8.00 **Celebrity MasterChef** New edition 3/15. The celebrities work in teams to serve up a three-course meal, before recreating a recipe provided by chef and author Seema Pankhania. (S)(AD)

9 PM
9.00 **Would I Lie to You?** With guests Richie Anderson, Taj Atwal, Chris McCausland and Katherine Parkinson. (S)(R)
9.30 **Ann Droid** Series finale 6/6. Michael plans to return Linda. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM 27 Dresses** Romantic comedy starring Katherine Heigl and James Marsden. A hopelessly romantic serial bridesmaid meets her match in a cynical journalist. With Malin Akerman, Edward Burns and Judy Greer. (S) (2008, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: A House Through Time** 1/4. (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **Animal Park Summer** The keepers face a tough decision regarding beloved wolf Dave. (S)(R)(AD)
3.30 **Serengeti II** Duma ends up alone and lost when he tries to take on the vultures. (S)(R)(AD)
4.30 **Flog It!** From Crathes Castle in Aberdeenshire. (S)(R)
5.00 **LIVE Gymnastics: European Championships** Coverage of the third day of the men's event held at the Arena Zagreb in Croatia. (S)

9.00 Bergerac

7.00 **LIVE Athletics: Diamond League Lausanne** Coverage of the Athletissima, the 12th meeting of the season, staged at the Stade Olympique de la Pontaise in Switzerland. Britain's Keely Hodgkinson won the women's 800m event in a meeting record of 1:55.69 last year, with home favourite Audrey Werro in second and Georgia Hunter Bell third. (S)

9.00 **Bergerac** *Fred:* 6/6. The race is on to find Kim before she comes to harm, and Jim comes to a troubling realisation. (S1) (S)(R)(AD)
■ Entire series on BBC iPlayer
9.50 **The Secret Genius of Modern Life** (S)(R)(AD)

10.00 **QI** Guests Sarah Millican, Daliso Chaponda and Rob Beckett join regular panellist Alan Davies and host Sandi Toksvig. (S)(R)
10.30 **Newsnight** (S)

11.05 **FILM PREMIERE Silent Roar** Comedy drama starring Louis McCartney. (S) (2023, 15, 85min) ★★★★ *See review, page 27.*
12.30 AM **Today at the Test** England v Pakistan: Action from the day three of the first Test at Headingley. (S)(R)
1.30 **Sign Zone: Panorama – Child Maintenance: Parents Under Pressure** Current affairs. (S)(R)
2.00 **Sign Zone: The Big Deal with Steph McGovern** (S)(R)(AD)
3.00 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.00 PM **ITV News** (S)
1.20 **Local News** (S)
1.30 **LIVE Racing** Francesca Cumani and Ed Chamberlin introduce coverage of day three of the Ebor Meeting from York, featuring the Nunthorpe Stakes. With analysis from Jason Weaver, Ruby Walsh and Adele Mulrennan, reporting by Matt Chapman, Oli Bell and Mick Fitzgerald, and commentary from Richard Hoiles. (S)
4.30 **Tipping Point: Best Ever Finals** Two more of the show's most dramatic endgames. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Coronation Street

7.30 **Abbey Clancy: Celebrity Homes** 5/6. Entrepreneur Seema Malhotra reveals how she has transformed her Cheshire mansion, while designer Alice Temperley shows Abbey around her home in Somerset. (S)(R)

8.00 **Emmerdale** Struggling with financial pressures, Jimmy must sell his haulage business. (S)(AD)
8.30 **Coronation Street** Glenda's criticism gives Todd a taste for revenge, and Tim tries to help a nervous Lucy. (S)(AD)

9.00 **Who Wants to Be a Millionaire? Celebrity Special** Jeremy Clarkson presents this celebrity version of the big-prize quiz, with Laura Kenny and Krishnan Guru-Murthy answering questions to win cash for their chosen charities. (S)(R)

10.00 **The Twisted Tale of Amanda Knox** Series finale *Libertá:* 8/8. Free but haunted by Perugia, Amanda must confront the man who branded her a murderer to finally move forward, regardless of the risks. (S1) (S)(AD)

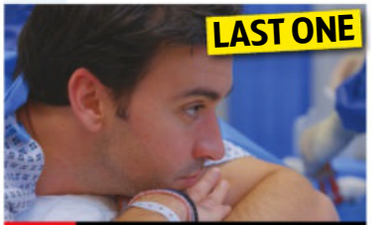
11.00 **ITV News** (S)
11.30 **Local News** (S)
11.50 **FILM Rush Hour** Action comedy thriller starring Jackie Chan and Chris Tucker. A Hong Kong detective and a maverick LAPD cop join forces to foil a kidnapping. (S)(AD) (1998, 12, 100min) ★★★
1.30 AM **Teleshopping**
3.00 **Force of Nature** (S)(SL)(R)(AD)
3.50 **Long Lost Family** (S)(SL)(R)(AD)
4.45 **to 6.00** AM **Unwind with ITV** (S)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 16–19/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** New Jersey. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great B&B Challenge** The first couple are eliminated. (S)(R)
5.00 **Chateau DIY** Alison and Zion's turret reveals a secret. (S)(R)(AD)
6.00 **F1: Dutch Grand Prix Sprint Qualifying Highlights** Action from today's sprint qualifying session staged at Circuit Zandvoort. (S)
6.30 **A Place in the Sun** Jean Johansson helps a couple to find a holiday home in Gran Canaria. (S)(R)



8.00 Surgery Secrets of the Super...

7.00 **News** (S)

8.00 **Surgery Secrets of the Super Rich** Series finale 6/6. Cheshire-based Victoria undergoes a non-surgical skin-tightening treatment, and entrepreneur JC invests in the growing trend of fat banking. (S)(AD)

9.00 **8 Out of 10 Cats Does Countdown** Jimmy Carr hosts as Jon Richardson and Judi Love take on Rob Beckett and Katherine Parkinson. Plus, Spencer Jones is helping out Susie Dent in Dictionary Corner. (S)(R)

10.00 **Big Fat Quiz: Best Bits** New edition A look back at memorable outbursts and comedic rants, featuring Alan Carr, Micky Flanagan, Ruth Jones, James Corden, Chelsea Peretti, Big Narstie, Maya Jama, Lee Mack and Mel B. (S)

11.05 **Sarah Millican: Bobby Dazzler** Stand-up comedy show. (S)(R)
12.10 AM **FILM Sumotherhood** Comedy drama with Adam Deacon, Jazzie Zonzolo and Jennifer Saunders. (S) (2023, 15, 100min) ★★★
1.50 **Secret Lives of Gypsy Wives** (R)
2.40 **Ramsay's Kitchen Nightmares USA** From New York. (S)(SL)(R)
3.30 **Travel Man: 48 Hours in Marseilles** (S)(SL)(R)(AD)
3.55 **to 6.10** AM **Come Dine with Me** (R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM Stranger in My Home** Thriller starring Angela Cole. (S) (2023, U, 100min) ★★
4.00 **Castle** *XX:* 2/22.Part two of two. Beckett goes on the ru n with a team of mercenaries hot on her trail. (S8) (S)(R)
4.55 **Love Nature** The story of the group trying to restore Lough Neagh to its previously pristine condition. (S)(R)
5.00 **News** (S)
6.00 **Croatia: Jewel of the Med** A look at Hvar, the Croatian island in the Adriatic Sea. (S)(R)
6.55 **News** (S)

8.00 Alexander Armstrong

7.00 **Tom Read Wilson's Grand Tour** Tom embarks on a journey through Tuscany, and visits Florence, where he views Michelangelo's *David*. (S)(R)
7.55 **News** (S)

8.00 **Alexander Armstrong in Sri Lanka** 2/3. The presenter embarks upon the second leg of his epic Sri Lankan adventure, beginning with a train journey to the mountain town of Haputale. (S)(R)

9.00 **Heat** 1/4. Drama starring Danny Dyer and Darren McMullen. In Victoria, Australia, two families of British ex-pats who live in different parts of the country reunite for a summer holiday. (S)(R)

10.05 **Heat** 2/4. Word of the fires spreading adds extra anxiety to the household, except for Brad who insists the property isn't in danger. Meanwhile, Mia accuses Steve of cheating on Sarah. (S1) (S)(R)(AD)

11.05 **Piers Morgan: Uncensored** News and debate show. (S)
1.00 AM **Teleshopping** (S)(R)
2.00 **GPs: Behind Closed Doors** Patient Paula comes in to see Dr Amir Khan about her painful, twitching ear. (S)(R)
2.50 **Castle** As 4.00pm. (S)(R)
3.40 **Friends** (S10) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Stargate SG-1** (S7) (S)(R)
10.00 **The Simpsons** (S)(R)
12.00 NOON **Africa's Hunters** (S)(R)
1.00 PM **Hawaii Five-0** (S)(R)
3.00 **S.W.A.T.** (S2) (S)(R)(AD)
5.00 **The Simpsons** *Sleeping with the Enemy:* Marge invites school bully Nelson Muntz to live with the family – much to Bart's dismay. (S)(R)
5.30 **F1: Dutch Grand Prix Sprint Qualifying Highlights** Action from today's sprint qualifying session in the 12th round of the season at Circuit Zandvoort.
6.30 **The Simpsons** *Simpsons Bible Stories:* Homer, Marge and the kids enjoy a series of biblical dreams. (S)(R)

8.00 A League of Their Own

7.00 **The Simpsons** *Thirty Minutes Over Tokyo:* The family are stranded in Japan and forced to take part in a game show. (S)(R) **7.30** *All's Fair in Oven War:* Homer challenges Marge to a cooking competition. (S)(R)

8.00 **A League of Their Own** Romesh Ranganathan hosts the sports-based comedy quiz, with guests Wayne Rooney, Maya Jama and Alex Brooker joining Jamie Redknapp, Micah Richards and Jill Scott (S)(R)(AD)

9.00 **Micky Flanagan: An' Another Fing Live** Stand-up show recorded at London's O2 Arena, with the Cockney comedian covering topics from the French and marriage, to Saga holidays with his father and his love of Mary Berry. (S)(R)

10.45 **Grimsburg** New episode *The Big Trouble with Lil' Betsy:* 10/13. Marvin's newfound fame goes to his head as he investigates former child star Lil' Betsy over a TV host's suspicious death. (S1) (S)

11.15 **Grimsburg** New episodes *And the Winner Is... Murder!* 11/13. A serial killer targets the winner of the town's talent show. (S) **11.45** *Younger Games:* 12/13. Marvin drinks a special potion that he thinks will make him immortal. (S1) (S)
12.15 AM **Grimm** 5/22. (S1) (S)(R)
1.10 **Evil** 5/13. (S1) (S)(R)
2.05 **The Force: Manchester** (S)(R)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
7.00-8.00pm The Big Deal with Steph McGovern (S)(R) **10.40** **FILM** Monkey Man (S) (2024, 18, 115min) ★★★★ **12.35-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.30-8.00pm Best of Weatherman Walking New edition (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Pysgod i Bawb **12.30** Heno **1.00** Y Ci Perffaith **1.30** Dan Do **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr **5.00** Stwnsh **6.30** Garddio a Mwy **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Mike Bubbins: Un Mewn Miliwn (AD) **8.55** Newyddion a'r Tywydd **9.00** Am Dro! (AD) **10.00** Y Deis **10.30-11.35pm** Miwsig Fy Mywyd (AD)

TV&Streaming week
New issue on sale now

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.10 **Deadly 60** A look at the contenders that did not make it to the final 60 list.
7.40 **FILM Chicken Run** Animated family adventure featuring the voices of Mel Gibson and Julia Sawalha. Some plucky chickens try to avoid the chop at a farm in the north of England with the help of a cocky rooster. (2000, U, 84min) ★★★★
9.00 **Death in Paradise** 6/8. Mervin and the team investigate the dark side of online dating when a man is shot dead at his villa. (S14)
10.00 **Not Going Out** 1/6. Lee and Lucy experience the competitive house-buying market after making plans to vacate their suburban 'empty nest' property. **10.25** 2/6. Lee brings home a battered box from the tip only to discover a second-hand sex doll inside. (S14)
10.55 **This Country** 1-6/6. (S2)
1.45 AM **Funboys**
3.40 **to 3.55** AM **Rocket Fuel**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me Paralympics Special**
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a Mazda RX-7 belonging to a charity worker with a degenerative eye condition.
6.50 **Car S.O.S** Tim and Fuzzget assistance from actor James Nesbitt as they attempt to fix up a 1959 MGA roadster.
7.55 **Grand Designs** Kevin McCloud meets energy conservationist Andrew, who has decided to build a self-heating home for his family.
9.00 **Carpe Diem** New episode 3/6. Rachel Segal, who once accused Tom of murder, wants him to help her defend her husband, who has been charged with killing his lover. Subtitled. (S1)
10.05 **24 Hours in A&E** A mechanic is crushed against a wall by his own car, and a 44-year-old cannot stop the bleeding from a rare growth on his face.
11.10 **24 Hours in A&E** An 83-year-old man in a confused state arrives in A&E after falling over.
12.15 AM **999: On the Front Line**
1.20 **24 Hours in A&E**
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Today at the Test** England v Pakistan: Action from third day of the first Test in the three-match series, held at Headingley Cricket Ground in Leeds.
8.00 **NEW Miles Davis: A Celebration at the Proms** Clive Myrie presents a night at the Royal Albert Hall in tribute to the trumpeter who would have celebrated his centenary in 2026.
9.15 **TOTP: 1982** Performances by Captain Sensible, Soft Cell, Survivor, and Duran Duran.
9.55 **TOTP: 1987** Featuring Wax, Five Star, Bon Jovi, Pet Shop Boys and Dusty Springfield.
10.25 **Nick Lowe: BBC Four Sessions** An acoustic set at LSO St Luke's in London.
11.25 **k.d. lang: BBC Four Sessions** The country singer performs in London.
12.25 AM **Damien Rice: BBC Four Sessions**
1.25 **TOTP: 1982** As 9.15pm.
2.00 **TOTP: 1987** As 9.55pm.
2.30 **to 3.50** AM **Miles Davis: A Celebration at the Proms**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From East Anglia.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** New edition
11.00 **Below Deck: Mediterranean**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
7.00 **The Simpsons** *And Maggie Makes Three:* Homer recalls Maggie's birth. **7.30** *Bart's Comet:* A comet heads towards Springfield.
8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** Fern Brady, Dermot O'Leary, Greg James and Mel B take part.
9.00 **Celebrity Gogglebox for SU2C** Another chance to see the 2021 SU2C special.
10.00 **Gogglebox** The critics watch the Eurovision Song Contest.
11.05 **FILM Alita: Battle Angel** Sci-fi adventure starring Rosa Salazar and Christoph Waltz. (2019, 12, 117min) ★★★★
1.30 AM **FILM The 355** Action thriller starring Jessica Chastain and Penélope Cruz. (2022, 12, 122min) ★★★
3.40 **The Goldbergs**
4.30 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 | 306 | 30 | 123 | 256

Friday primetime

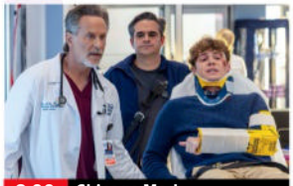
FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Send in the Dogs**
9.00 **The Force: Manchester**
10.00 **Motorway Patrol**
10.30 **Caught Red Handed**
12.00 NOON **FBI** 12&13/15. (S3)
2.00 PM **The Rookie** 18/22. Dim goes missing. (S5)
3.00 **Law & Order: Criminal Intent** 3/8. A programmer working for a cyberwarfare business is killed. (S10)
4.00 **Nothing to Declare** Six editions of the documentary.



8.00 Chicago Med

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Chicago Med New episode *Blindsided:* 9/21. An unexpected arrival catches Asher and Archer off guard. (S11)

9 PM
9.00 Chicago Fire New episode *Crime of Passion:* 9/21. A Firehouse 51 crew member remains in serious danger. (S14)

10 PM
10.00 Chicago PD New episode *Heroes:* 9/21. A basic favour for an ex-recruit turns into a catastrophic situation for Platt. (S13)
11.00 **The Rookie** 14/22. John and Bailey hunt for a gunman. (S5)
12.00 M'T **FBI** 6&7/15. (S3)
2.00 AM **FBI: International** (S3)
3.00 **FBI: Most Wanted** 8/22. (S3)
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 7&8/12. (S6)
10.15 **House of the Dragon** (S3)
12.35 PM **Homicide: Life on the Street** 16&17/22. (S5)
2.30 **Billions** 7&8/12. (S6)
4.30 **Django** 5/10. John and Django try to trick Elizabeth. **5.30** 6/10. John is accused of stealing the land on which New Babylon stands. (S1)
6.30 **House of the Dragon** 7/8. Daemon puts pressure on Oscar Tully to raise up his bannermen. (S2)

10.05 Station Eleven

7 PM
7.45 House of the Dragon *The Queen Who Ever Was:* 8/8. As Aemond becomes more volatile, Larys plots an escape and Rhaenyra looks to press home her advantage. (S2)

8 PM

9 PM
9.00 Station Eleven New episode *Dr Chaudhary:* 9/10. Jeevan and Kirsten survive their first winter alone.

10 PM
10.05 Station Eleven Series finale *Unbroken Circle:* 10/10. The Prophet has a final reckoning with Elizabeth and Clark. (S1)
11.20 **House of the Dragon** 6/8. Rhaenyra summons a trusted knight for a risky venture. **12.35** AM 7&8/8. (S2)
3.05 **Billions** 5/12. Chuck encounters an unexpected challenge. (S6)
4.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Real Housewives of Potomac**
8.20 **Real Housewives of Beverly...**
9.15 **The Only Way Is Essex**
10.15 **Dawson's Creek** 2/22. (S2)
11.10 **Charmed** 15/22. (S1)
12.10 PM **Deal or No Deal**
1.10 **Celebrity Supermarket Sweep**
2.10 **The Floor** Game show.
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Potomac**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

9.00 The Batman

7 PM
7.00 The Floor Rob Brydon hosts the semi-final as the 17 contestants face another tense round of quick-fire quiz duels.

8 PM
8.00 The 1% Club Valentine's Special Lee Mack hosts a romantic edition of the quiz in which couples and singles take part.

9 PM
9.00 FILM The Batman Comic-book drama starring Robert Pattinson. When a masked terrorist starts murdering seemingly innocent people, Batman begins investigating on the streets of Gotham City. (2022, 15, 176min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.25 AM **Family Guy** 10/18. Peter searches for his father. (S5) **12.55** 6/20. Peter's estranged sister Karen arrives in Quahog for Thanksgiving. (S14)
1.25 **American Dad!** (S5&4)
2.20 **Bob's Burgers** 17/22. (S13)
2.45 **to 3.00** AM **Unwind with ITV**

10 PM

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot**
11.30 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *Strangler's Wood:* A woman is strangled where three killings occurred nine years previously.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Caped Crusaders:* Liz's past catches up with her, while Vernon's dreams of wealth go up in smoke.

10.00 Lewis

7 PM
6.55 Heartbeat *Moving Target:* A mysterious marksman sharpens up his sniper skills on a flock of unsuspecting sheep.

8 PM
8.00 Doc Martin *The Shock of the New:* 2/8. Martin has to complete three refresher courses, starting with phlebotomy.

9 PM
9.00 Doc Martin *SWALK:* 3/8. Ruth feels perturbed when Martin offers to perform a mini mental state examination. (S9)

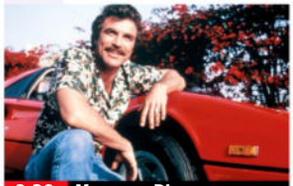
10 PM
10.00 Lewis *The Soul of Genius:* A botanist unearths the body of a professor fixated upon solving a seemingly impossible riddle. Guest stars Celia Imrie and James Fleet.
11.50 **Trial & Retribution** 1/6. An ambulance is run off the road and its patient is shot. (S12)
1.45 AM **George and Mildred** (S1)
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 80s**
6.15 **River Monsters**
6.45 **Magnum, PI**
8.55 **Boon**
10.00 **LIVE World Series of Darts: Australian Masters** Coverage of day one from Wollongong.
2.00 PM **River Monsters**
2.30 **Magnum, PI**
3.40 **Boon** *Message in a Bottle:* Harry takes over of a hotel.
4.45 **The Professionals**
5.50 **Sharpe** *Sharpe's Revenge:* Ducos frames Sharpe for stealing Napoleon's treasures.



2.30 Magnum, PI

7 PM
Sharpe (started at 5.50pm)

8 PM
8.00 Who Wants to Be a Millionaire? Celebrity Special Jeremy Clarkson hosts, as Ranvir Singh and Jason Watkins take part.

9 PM
9.00 FILM RoboCop 3 Sci-fi action thriller sequel starring Robert Burke and Nancy Allen. RoboCop helps ghetto rebels in their fight against an evil corporation. With Rip Torn and John Castle. (1992, 15, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM
11.05 **Wrestling: AEW Dynamite**
1.05 AM **Dark Side of the Ring**
2.00 **Two and a Half Men** 7/19. Alan moves in with his mother. **2.25** 8/19. Alan is annoyed when Charlie becomes famous after writing a song. (S5)
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.25 **LIVE Sportscene: Championship Football** Inverness Caledonian Thistle v Partick Thistle: The second-tier match at Sarens PSG Stadium. Kick-off is at 7.30.
9.30 **Best of Only an Excuse?** 2/4. Highlights of the comedy starring Jonathan Watson.
10.00 **Still Game** *Scran:* 6/9. Navid's brother dies, so Jack and Victor are left minding the shop. (S2)
10.30 **Two Doors Down** 3/6. Colin introduces the neighbours to his new partner. (S6)
11.00 PM **to 12.00** M'T **Situationships with Sophie and Christine** Double bill. Sophie Gravia and Christine McGuinness offer relationship advice.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **Sort Of** 7&8/8. (S3)
10.00 **Avenue 5** 1&2/9. (S1)
11.20 **Will & Grace** (S8)
12.20 PM **Based on a True Story** 7&8/8. (S1)
1.40 **Avenue 5** 1&2/9. (S1)
3.00 **Will & Grace** (S7)
4.00 **The Reluctant Landlord**
5.00 **Community** (S2)
6.00 **Will & Grace** (S8)
7.00 **The Office (US)** 22/28. Michael tries to recruit a dream team to work for his new paper company. **7.30** 23/28. Dwight and Andy compete. (S5)
8.00 **The Reluctant Landlord**
9.00 **Kevin Hart: Reality Check** Stand-up show.
10.15 **Ania Magliano: I Can't Believe You've Done This** Stand-up show.
11.15 **Based on a True Story**
12.15 AM **The Reluctant Landlord** 3&4/6. (S2)
1.15 **Community** (S2)
2.15 **Avenue 5** 1&2/9. (S1)
3.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Academy of Ancient Music**
7.30 **The Joy of Painting**
8.00 **Artist of the Year: Masterclass**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Art of Film...**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Nineties**
4.00 **Discovering**
5.00 **Portrait Artist 2023**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** Clips from 1983.
9.00 **Queen: Champions of the World** Documentary.
11.40 **Brian Wilson: Long Promised Road**
1.40 AM **Classic Albums**
2.55 **Beach Boys: Good Vibrations Tour**
4.00 **Discovering**
5.00 **to 6.00** AM **The Art of Film with Ian Nathan**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: America's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 10/26. (S6)
5.00 **Stargate SG-1** (S9)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 10/26. (S5)
8.00 **Police 24/7**
9.00 **FILM The Fifth Element** Sci-fi fantasy adventure with Bruce Willis. (1997, PG, 126min) ★★★★
11.30 **Grimm** 10/22. (S1)
12.30 AM **Wynonna Earp** (S1)
1.30 **Police 24/7**
2.30 **Road Wars**
3.30 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five friends take part in the quiz.
3.00 **Supermarket Sweep**
4.00 **Ridiculous** Quiz show.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Paula tries to open the 22 red boxes in the right order, taking on the Banker for the chance to win life-changing cash.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Celebrity Lingo** Cathy Newman, Kaye Adams, Gyles Brandreth and Dr Ranj Singh take part. **9.30** With Faye Tozer, Lee Latchford-Evans, Will Best and Russell Kane.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.40 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **American Pickers**
10.00 **Find It, Fix It, Flog It**
11.00 **Great B&B Challenge**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Grand Designs** A couple build a home out of stone and zinc in West Yorkshire.
8.00 **Location, Location, Location** House-hunting in London.
9.00 **24 Hours in A&E** A woman has a spinal fracture after falling.
10.00 **Murder Case: The Digital Detectives** How a fake £20 note helped expose the truth behind a 2020 killing.
11.00 **Celebrity Gogglebox**
12.05 AM **Gogglebox**
1.05 **8 Out of 10 Cats Does Countdown**
2.05 **The Schoolgirl Terrorist?**
3.05 **Crime Scene Cleaners**
4.05 **to 5.05** AM **Building Monaco's Superhomes**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** (S4&5)
4.00 **Stargate SG-1** 13/20. (S8)
5.00 **Star Trek: Voyager** 3/26. Paris and Kim enter a spaceship race – unaware of the dangers involved. (S7)
6.00 **Star Trek: Enterprise** 2/22. Part two of two. Silik and Archer search for the temporal operative. (S4)

9.00 The Lawnmower Man

7.00 **Stargate Atlantis** *The Kindred – Part One:* 18/20. Dr Keller discovers a deadly protein designed to destroy Wraiths. (S4)

8.00 **Stargate SG-1** *It's Good to Be King:* 13/20. The team are called into action when the Goa'uld try to enslave a planet. (S8)

9.00 FILM **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan. An ambitious scientist uses a child-like gardener as a guinea pig in his virtual reality experiments. With Jeff Fahey, Jenny Wright and Geoffrey Lewis. (1992, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.30 **Warehouse 13** (S4&5)
1.20 AM **Fact or Faked: Paranormal Files** A reported sighting of a chupacabra in Texas, and a mysterious figure caught on camera in Argentina.
2.10 **The Walking Dead** 7/16. (S8)
3.10 **Most Haunted** Double bill.
5.10 **to 6.00** AM **Fact or Faked: Paranormal Files**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries**
9.00 **Shakespeare & Hathaway: Private Investigators** (S3)
10.00 **The Mentalist** 4/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S13)
2.00 **Murdoch Mysteries** (S8&9)
4.00 **The Mentalist** 4/22. (S6)
5.00 **Hudson & Rex** 7/8. Jesse and Stella's music gig goes sour when they become the victims of a mass poisoning. (S7)
6.00 **Body of Proof** 8/20. A corpse is pulled from a river. (S2)

9.00 NCIS: Sydney

7.00 **Private Eyes** *Full Court Press:* 2/12. Shade and Angie are hired when a compromising photograph is published online. (S3)

8.00 **Death in Paradise** *A Tale of Two Islands:* 7/8. The team work between two islands to investigate the death of a tourist. (S13)

9.00 **NCIS: Sydney** *Brother in Arms:* 3/8. A shark spits out the arm of a former Navy SEAL. (S1)

10.00 **Father Brown** *The Chedworth Cyclone:* Suspicious circumstances surround the death of a local boxer.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** 10/10. Frank and Lu delve into the world of private tutoring. (S3)
1.00 AM **Death in Paradise** (S13)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.10 **The Green Green Grass**
9.50 **Are You Being Served?**
10.30 **Last of the Summer Wine**
11.50 **Ever Decreasing Circles**
12.25 PM **Only Fools and Horses**
1.05 **Keeping Up Appearances**
1.45 **Dad's Army**
2.25 **The Green Green Grass**
3.05 **Are You Being Served?**
3.40 **Ever Decreasing Circles**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

11.00 Not Going Out

7.00 **Only Fools and Horses** The Trotters dog-sit for Boycie and Marlene.
7.40 **Dad's Army** The platoon are put in charge of manning an observation post on a derelict pier.
8.20 **Are You Being Served?** The staff decide to take over the canteen.

9.00 **The Office** David employs a new secretary and true to form, picks the prettiest woman he can find.
9.40 David uses the staff's annual appraisals as another opportunity to share his wisdom.
10.20 David shares his management philosophy.
11.00 **Not Going Out**
11.40 **Mrs Brown's Boys**
12.20 AM **The Office**
1.40 **Not Going Out**
2.25 **Mrs Brown's Boys**
2.55 **Don't Wait Up**
3.25 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.20 AM **Top Gear**
8.15 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Cornwall**
11.20 **Yukon Gold** Documentary.
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Guy Martin: Proper Jobs**
4.00 **Hairy Bikers' Best of British**
5.00 **Rick Stein's Cornwall**
6.00 **Rick Stein's Cornish Christmas** 1/2. The chef celebrates Christmas in his adopted county of Cornwall.

10.00 Magnum P.I.

7.00 **Mortimer & Whitehouse: Gone Fishing** The duo head to the Lake District.
7.40 **Would I Lie to You?** With Jack Dee, Romesh Ranganathan, Gaby Roslin and Tinchy Stryder.
8.20 **QI XL** Guests Ignacio Lopez, Rhod Gilbert and Zoe Lyons join regular panellist Alan Davies and host Sandi Toksvig.
9.25 **Would I Lie to You?** With Ben Miller, Alex Brooker, Henning Wehn and Doon Mackichan.

10.00 **Magnum P.I.** *Bad Day to Be a Hero:* 10/20. An illegal poker game is held up by masked gunmen. With Jamie-Lynn Sigler. (S1)
11.00 **Magnum P.I.** 11/20. (S1)
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** See 8.20pm.
3.00 **Richard Osman's House of Games** With Trevor Nelson.
3.30 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.45 **Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Classic Neighbours**
3.05 **Whitstable Pearl**
4.10 **Kingdom**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** Foggy hits upon an ingenious money-making scheme.
6.40 Clegg agrees to drive Ludovic's van home for him.

11.20 Luther

7.20 **Last of the Summer Wine** Compo, Clegg and Foggy put their unique talents to good use in the church concert.

8.00 NEW SERIES **You're Killing Me** *The Beginning:* 1/6. Mystery starring Brooke Shields. *See feature, page12.* (S1)

9.00 **Father Brown** *The Beast of Wedlock:* Father Brown's investigates a missing person, a murder and a mythical wild cat.

10.00 **New Tricks** *The Fourth Man:* The detectives reopen the investigation into a 30-year-old heist. Guest stars Phil Daniels.
11.20 **Luther** 1/2. The DCI returns to duty to investigate the crimes of a cannibal killer who is roaming London's streets. (S4)
12.40 AM **Lovejoy**
1.50 **Sister Boniface Mysteries**
2.50 **to 4.00** AM **The Chelsea Detective**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 5-7/23. (S2)
11.55 **Law & Order** (S6&7)
6.00 PM **NCIS** *Red Cell:* 20/23. A murder suspect gets killed.
7.00 *Hometown Hero:* 21/23. A US Marine suspected of murdering a girl is killed in Iraq.
8.00 *SWAK:* 22/23. Tony is infected with a deadly virus. (S2)
9.00 **Beauty and the Beast** *Liar, Liar:* 3/22. Cat and Vincent follow an unusual creature.
10.00 *Hothead:* 4/22. Cat tries to distance herself from Gabe. (S2)
11.00 **Law & Order: Special Victims Unit** *Remember Me:* 23/24. Benson deals with a hostage situation. (S19)
12.00 M'T **Law & Order: Special Victims Unit**
2.50 **to 3.50** AM **Wild Cards**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Chantelle orders an urgent CT scan for a 79-year-old man.
9.00 **999: Critical Condition** A patient is rushed in after a cardiac arrest.
10.00 **A&E After Dark** Staff at Hull Royal Infirmary battle to save a patient.
11.00 **Trauma Room One**
12.00 M'T **Skin A&E**
1.00 AM **Cold Case Killers**
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Scam City**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Winter Road Rescue**
9.50 **Police Interceptors**
10.50 **Gunsmoke** (S13)
11.55 FILM **Will Penny** Western drama. (1967, PG, 109min) ★★★
2.10 PM FILM **Bend of the River** Western. (1952, PG, 92min) ★★★★
4.00 **Highway Thru Hell**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Cops** New editions
11.00 **The X-Files** 4/22. (S6)
12.00 M'T **World's Deadliest Weather: Caught on Camera** Documentary.
1.00 AM **Outback Truckers**
1.55 **Trucking Heavy**
2.55 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **Property Brothers: Forever Homes**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
5.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Social media star Khanh Ong sets an epic challenge.
8.15 **Nigella: At My Table** Including recipes for egg curry and white chocolate cheesecake.
9.00 **Pete Wicks: For Dogs' Sake** Pete meets a puppy who needs urgent treatment for a badly broken leg.
10.00 Pete travels to Northern Ireland to pick up three stray dogs.
11.00 **Ghosts** Triple bill.
12.55 **to 3.00** AM **Don't Hate Your House with the Property Brothers**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Secret Nazi Bases**
11.00 **The World at War**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **The World at War**
6.00 **Antiques Roadshow**
7.00 **The Blue Planet** An exploration of the world's most densely inhabited waters.
8.00 **Canal Boat Diaries** Robbie takes a detour to investigate a local UFO legend in Todmorden.
9.00 Robbie navigates the scenic Oxford Canal.
10.00 **Bangers & Cash**
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Wales.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Celebrity Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Who Do You Think You Are?** Marianne Faithfull.
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House** Featuring a quirky collection of antiques.
8.00 **Antiques Road Trip**
9.00 **My Lottery Dream Home** New editions A property search in Pensacola, Florida.
9.30 From Pennsylvania.
10.00 **Help! I Wrecked My House** New edition
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

FRIDAY Entertainment

Friday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S7)
9.00 **Bramwell** 3/8. (S2)
10.00 **The Irish RM** 4/6. (S2)
11.00 **Little House on the Prairie** 13&14/23. (S3)
1.00 PM **The Waltons** (S7)
4.00 **Little House on the Prairie** 13&14/23. (S3)
6.00 **The Irish RM** 4/6. (S2)
7.00 **M*A*S*H** 9/24. A sergeant learns a lesson about prejudice. **7.30** 10/24. Henry is besieged in the shower. **8.00** 11/24. Hawkeye tries to avoid a flu bug. **8.30** 12/24. Hawkeye and Trapper go on a quest for an incubator. (S2)
9.00 FILM **As Good As It Gets** Comedy starring Jack Nicholson. (1997, 15, 138min) ★★★★
11.50 **M*A*S*H** 9-12/24. (S2)
1.50 AM **Rising Damp** (S2)
2.25 **Man About the House**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **Wanted: Dead or Alive** 9/32. (S2)
9.50 **Murder Maps**
10.50 FILM **Any Gun Can Play** Spaghetti Western. (1967, 12, 98min) ★★
1.00 PM **The Unit** 12/23. (S2)
2.00 **Burn Notice** (S4)
4.00 FILM **Eye for an Eye** Thriller with John Travolta and Morgan Freeman. (2019, 15, 98min) ★
6.00 **The Unit** 12/23. (S2)
7.00 **Burn Notice** (S4)
9.00 FILM **High Plains Drifter** Western directed by and starring Clint Eastwood, with Verna Bloom. (1972, 18, 105min) ★★★★
11.20 **The Avengers**
12.20 AM **The New Avengers**
1.20 **The Persuaders!**
2.20 FILM **Disaster Zone: Volcano in New York** Disaster movie. (2006, 12, 90min) ★★
3.55 **Coast Guard Alaska**
5.25 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Picture Perfect Mysteries: Newlywed and Dead** Drama. (2019, PG, 90min) ★★
10.05 FILM **Morning Show Mysteries: Death by Design** Crime drama. (2019, PG, 84min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S5)
2.00 **Castle** 6/24. (S5)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 7/24. (S5)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** 6/8. (S5)
10.00 FILM **Mystery 101: Pilot** Drama with Jill Wagner. (2019, PG, 89min) ★★
11.55 FILM **Murder, She Baked: A Chocolate Chip Cookie Mystery** Drama. (2015, PG) ★★
1.45 AM FILM **Amber Alert** Thriller. (2016, PG) ★★
3.20 **to 5.00** AM FILM **A Lover Betrayed** Thriller. (2017, 12) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.00 AM FILM **Inspiring Love** Romantic drama. (2023, PG, 85min) ★★
10.00 FILM **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
12.00 NOON FILM **My Best Friend's Bouquet** Drama. (2020, U, 84min) ★★
2.00 PM FILM **Aloha Heart** Drama. (2023, PG) ★★
3.55 FILM **Right in Front of Me** Romantic comedy. (2021, PG, 84min) ★★
5.50 FILM **Shifting Gears** Drama. (2024, U) ★★
7.40 FILM **Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
9.40 FILM **Hometown Hero** Romantic drama. (2016, PG, 90min) ★★
11.35 FILM **Cupids on Beacon Street** Comedy. (2021, U, 90min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Aloha Heart** As 2.00pm.

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** From Cardiff.
1.00 PM **The Greatest Auction** Hermes bags.
2.00 **Lake District Rescue**
3.00 **Garden Rescue**
4.00 **Stuart Farm: Green Valley Tales**
4.45 **This Farming Life**
6.00 **The Greatest Auction**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **Lake District Rescue** A fallen scrambler is precariously lodged at the edge of a waterfall.
10.00 FILM **Pacific Banana** Raucous comedy. (1981, 18, 88min) ★★
11.45 **Musketeer** Short drama.
12.00 M'T FILM **This, That and the Other** Comedy. (1969, 18, 85min) ★★
1.45 AM **Musketeer**
2.00 **Lake District Rescue**
3.00 **Love Your Garden**
4.00 **to 5.00** AM **The Greatest Auction**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.30 **The Upper Hand** (S1)
11.00 **The Gaffer** 1/7. (S2)
11.30 **Only When I Laugh**
12.00 NOON **UFO** 1/26. (S1)
1.00 PM **Two's Company**
1.30 **Agony** 4/7. (S2)
2.00 **Second Thoughts** (S4)
2.30 **The Gaffer** 1/7. (S2)
3.00 **Only When I Laugh**
3.30 **Randall and Hopkirk (Deceased)** 16/26. (S1)
4.30 **Old Country** (S2)
5.00 **Stereo Underground**
6.00 **Danger Man** 26/39. (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S2)
7.30 **UFO** 1/26. (S1)
8.30 **Randall and Hopkirk (Deceased)** 16/26. (S1)
9.30 **The New Statesman**
10.00 FILM **Leprechaun** Horror. (1993, 15, 86min) ★
11.45 FILM **The Beach Girls** Comedy. (1982, 18) ★
1.40 AM **Stereo Underground**
2.40 **Rik Mayall Presents**
3.35 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Curse of the Bermuda Triangle**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Goldtimers hire a loader, hoping to end their gold drought. **8.00** The *Poseidon* crew continue their hunt for bush gold.
9.00 **Helicopter ER**
10.00 **Animal Cops Philadelphia**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Sophie Grigson: Slice of Italy**
7.00 **Hairy Bikers Go Local**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Comfort Food**
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Spanish Adventure**
3.00 **Hairy Bikers Go Local**
4.00 **Jamie's Comfort Food**
5.00 **The Pioneer Woman**
6.00 **James Martin's Spanish Adventure**
7.00 **The Great British Bake Off** Double bill.
9.00 **Marcus in the Med**
10.00 **Secrets of the Curry Kitchen** Asma Khan showcases the beauty of Indian desserts.
10.30 **Maneet's Eats**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 15/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 9/22. (S3)
11.00 FILM **Monster Hunters** Thriller. (2020, 15) ★
1.00 PM FILM **High Flight** Drama with Ray Milland. (1958, PG, 89min) ★★
2.50 FILM **The Bridges at Toko-Ri** War drama. (1954, U, 99min) ★★★
5.00 **Star Trek** 22/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 10/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Flight of the Intruder** War drama. (1991, 15, 113min) ★
11.25 FILM **Centurion** Gory historical thriller. (2009, 15, 91min) ★★★
1.25 AM FILM **Escape from New York** Futuristic action adventure. (1981, 15, 99min) ★★★★
3.15 **to 5.00** AM FILM **The Shed** Horror. (2019, 15, 98min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Double Dragon** Martial arts adventure. (1994, 12, 91min) ★★
11.00 **Andromeda** 2/22. (S5)
12.00 NOON FILM **Collision Earth** Sci-fi thriller. (2011, 12, 95min) ★★
2.00 PM FILM **7 Guardians of the Tomb** Drama. (2018, 12, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Battle Star Wars** Sci-fi action drama. (2020, 12, 86min) ★
7.00 **Andromeda** 3/22. (S5)
8.00 **The A-Team** 19/25. (S3)
9.00 FILM **Assault on Precinct 13** Thriller starring Ethan Hawke. (2004, 15, 109min) ★★
11.10 FILM **Southern Fury** Thriller starring Adrian Grenier and John Cusack. (2017, 18, 97min) ★★
1.10 AM FILM **Assault on Precinct 13** As 9.00pm.
3.20 FILM **Battle Star Wars**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Shropshire.
6.45 **Pawn Stars Do America** Washington DC.
7.30 **Storage Wars Canada**
8.25 **Storage Hunters**
9.20 **Storage Wars: Texas**
1.05 PM **Pawn Stars Do America** Washington DC.
2.05 **Storage Wars Canada**
3.05 **Ancient Aliens**
5.00 **We Are Not Alone**
6.00 **Junk & Disorderly**
7.00 **Dickinson's Real Deal**
9.00 **History's Most Shocking** Footage of a woman nearly sucked up by a tornado. **10.00** A look at the historic 1937 Hindenburg airship disaster.
11.00 **What on Earth?**
1.00 AM **We Are Not Alone**
2.00 **Court Cam** Double bill.
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
11.00 **All Creatures Great and Small** 5/7. (S6)
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Somerset: Wonder of the West Country**
6.00 **Abandoned Engineering**
7.00 **Ben Fogle: New Lives in the Wild** The explorer travels to the wild, secluded valley of Casita Verde on Ibiza. **8.00** Ben meets two Americans who started a new life in Morocco.
9.00 **Taggart** *A Fistful of Chips:* The murder of a woman appears motiveless until the team are led to a microchip factory where her husband works.
11.05 **Prisoner: Cell Block H**
1.05 AM **Murder, She Wrote**
3.35 **to 4.00** AM **Around the World by Train with Tony Robinson**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Larry Lamb.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** With Jon Culshaw.
6.00 **Tenable** Game show.
7.00 **The Chase Celebrity Special** Quiz show.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.30** 1/24. Penny makes a big decision. (S9)
9.00 **90 Day Fiancé** New edition Edward struggles to fit in with Marissa's friends, Catie's mum is concerned about her recent behaviour, and Anabelle offends Shea's daughter.
11.00 **Dr Pimple Popper: Breaking Out**
12.00 M'T **The Middle**
1.30 AM **Dr Pimple Popper: Breaking Out**
2.30 **My 600lb Life**
4.30 **Say Yes to the Dress: UK** Reality series.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **The Upper Hand**
9.00 **Everybody Loves Raymond** 5-8/16. (S9)
11.00 **Sabrina the Teenage Witch** 17-20/24. (S1)
1.00 PM **Friends** (S3&4)
7.30 **Friends** 13/24. Rachel develops a crush. **8.00** 14/24. Charlton Heston discovers co-star Joey in a compromising position whilst filming. **8.30** 15/24. One of Chandler's former flames turns up. (S4)
9.00 **Al Murray: One Man, One Guvnor Uncut**
10.00 **Mr Bean** 1&2/14. (S1)
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats**
1.40 AM **Russell Howard: Wonderbox** Stand-up.
2.40 **South Park** 8/14. (S10)
3.10 **Reno 911!** 10/16. (S5)
3.35 **Key & Peele**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 1&2/16. (S9)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Spin City** 10&11/24. (S1)
11.00 **Friends** (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Everybody Loves Raymond** (S9)
6.00 **The Upper Hand** (S3)
7.00 **Sabrina the Teenage Witch** 17-20/24. (S1)
9.00 **Michael McIntyre's Big Show** With Anton Du Beke, Dani Dyer, Gino D'Acampo and Cheryl.
10.00 **Friends** 11-14/25. (S3)
12.00 M'T **Stupid Central**
1.00 AM **Lee Evans: Monsters** Stand-up.
2.00 **Jimmy Carr's Am I the A**hole?**
3.00 **Spin City** 10&11/24. (S1)
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

56 42

8.00 AM **Highlights**
10.20 **Bread** 6/10. (S8)
10.55 **Steptoe and Son** (S4)
11.30 **Oh, Doctor Beeching!**
12.10 PM **Rising Damp** (S3)
12.40 **Man About the House**
1.10 **Goodnight Sweetheart**
1.50 **When the Boat Comes In** 10/13. Drama. (S1)
2.50 **Minder** 6/10. (S5)
3.55 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Bread** 6/10. (S8)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.05 **Rising Damp** 5/7. (S3)
6.40 **Steptoe and Son** (S4)
7.15 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 1/13. (S3)
9.00 **Benidorm** 5/9. (S10)
9.55 **Shameless** 3/16. (S7)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.00 M'T **Benidorm** (S10)
1.00 AM **Minder** 4/6. (S7)
2.00 **Duty Free**
2.55 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 10/13. (S2)
6.20 **Teen Mom 2: From the Beginning** Reality show.
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Catfish: The TV Show**
10.00 **Judge Judy**
12.00 NOON **Charmed**
2.00 PM **Catfish: The TV Show** Reality series.
3.00 **Judge Judy**
5.00 **Charmed** Double bill.
7.00 **Teen Mom: The Next Chapter** Leah's ex-husband harasses her at work, leaving Addie in the crossfire.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 FILM **The Craft** Horror fantasy starring Robin Tunney and Fairuza Balk. (1996, 15, 101min) ★★★
11.05 **Geordie Shore: From the First Tash**
12.10 AM **Ink Master: Angels**
1.10 **Ink Master**
3.00 **Ex on the Beach**
3.45 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Aquarium**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Creating stainless steel and laboratory glassware. **4.30** Fire extinguishers, shock absorbers and doughnuts.
5.00 **Alaska: Homestead Rescue** A rift threatens an extended family on a Texas homestead.

10.00 Mystery at Blind Frog Ranch

7.00 **Wheeler Dealers** Mike Brewer and Edd China revisit the last eight cars they transformed.

8.00 **Gold Rush: Mine Rescue with Freddy & Juan** Combined with the Bond family's BC gold hunt, Juan makes a hopper build.

9.00 **Expedition Files** New edition Josh Gates investigates Nikola Tesla's 'Death Ray' and a cryptic, demonic message.

10.00 **Mystery at Blind Frog Ranch** New edition While drilling above the Golden Staircase, some outsiders close in.

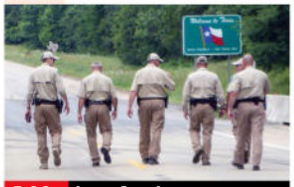
11.00 **Expedition X** Heather and Phil track reports of a bloodsucking Chupacabra.
12.00 M'T **Deadliest Catch**
1.00 AM **Expedition Files**
2.00 **Mystery at Blind Frog Ranch**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Fish or Die**
10.00 **Tanked** Documentary.
11.00 **Animal Cops San Francisco**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** Double bill.
5.00 **Lone Star Law** Boating search-and-rescue teams save multiple people from dangerous swift water.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog with a shattered leg and seven bad-tempered chickens arrive at the clinic.



5.00 Lone Star Law

7.00 **Treehouse Masters** Pete Nelson finds the perfect treehouse spot for a couple seeking meditation space.

8.00 **100 Days Wild** Under pressure to catch a moose, Andrew and Gerrid must also contend with Oliver's stubbornness.

9.00 **Alaska: The Last Frontier** How the relatives prepare their home for winter, including stockpiling food and fuel.

10.00 **Alaskan Bush People** The Browns begin an ambitious barn build, the key to Billy's grand vision, and Noah returns.

11.00 **Mountain Monsters** Buck takes action, causing the rogue team to emerge.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins** Greed.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops San Francisco**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering by Catastrophe**
11.00 **Car S.O.S**
12.00 NOON **Ultimate Airport Dubai** Documentary.
1.00 PM **Air Crash Investigation**
2.00 **Lion** Double bill.
4.00 **Lost Treasures of Egypt**
5.00 **Drain the Oceans** Surprising insights about the first humans to arrive in the Americas.
6.00 **Construction Fails** Featuring an Italian supermarket collapse, amusement parks ablaze and a light rail fail.

9.30 Titanic: 25 Years Later

7.00 **Air Crash Investigation** Experts fail to find a bomb when a Taiwanese plane explodes following a routine landing.

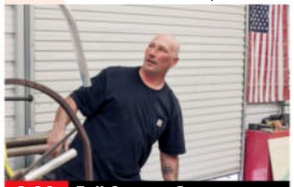
8.00 **Titanic: The Digital Resurrection** Using cutting-edge scanning technology and state-of-the-art CGI, experts produce a 3D digital reproduction of the world's most famous shipwreck.
9.30 **Titanic: 25 Years Later with James Cameron** The director takes a look back on the making of the movie.
10.30 **Construction Fails** Lightning bolts cause construction mayhem.

11.30 **Air Crash Investigation** The fate of Helios Flight 522 which, in August 2005, crashed into a mountain in Greece.
12.30 AM **Mysterious Islands** The history behind isolated islands.
1.30 **To Catch a Smuggler**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack and Why**

Sky History

123/124 115/116 131 353 368

6.00 AM **Close Encounters**
6.30 **Pawn Stars** Four editions.
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **Combat Trains**
1.00 PM **Thomas Jefferson**
3.00 **Hardcore Pawn** Six editions of the series, including at: **5.00** Seth tries to introduce a new mail order system. **5.30** Tensions between Karen and Ashley explode.
6.00 **American Pickers** The Wolfe brothers seal the deal on a one-of-a-kind bi-plane.



8.00 Full Custom Garage

7.00 **Forged in Fire** A former champion fashions a Vaquero Machete, hoping to prove they possess the skills to beat the judges.

8.00 **Full Custom Garage** Ian Roussel tries to finish his concept car in time and debut it at a car show on the West Coast.

9.00 **World War II: Witness to War** Eye-witness accounts and footage describe the German U-boat push into British waters.

10.00 **World War II: Witness to War** How the 1941 attack on Pearl Harbour introduced a powerful new element into the war.

11.00 **Life After People** A look into how water would turn from life-giver to destroyer.
12.00 M'T **Life After People**
12.55 AM **Combat Trains**
1.50 **Full Custom Garage**
2.50 **World War II: Witness to War** As shown at 9.00pm.
3.40 **Pawn Stars**
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2010s**
8.00 **The Directors**
9.00 **Urban Secrets**
10.00 **The Story of Late Night**
11.00 **David Frost Vs**
12.00 NOON **Val** Documentary.
2.00 PM **Bobby Robson: More Than a Manager** The life of the former football manager.
4.00 **The Directors**
5.00 **Discovering: Nicolas Cage**
6.00 **I'm Chevy Chase and You're Not** A profile of the actor and comedian, who rose to fame on *Saturday Night Live*.

6.00 I'm Chevy Chase...

I'm Chevy Chase and You're Not (started at 6.00pm) — 7 PM

8.00 **Becoming Madonna** Documentary charting the singer's rise to stardom, drawing from a cache of recently uncovered audio tapes in which she reflected on her life and career. — 8 PM / 9 PM

10.00 **God Bless Ozzy Osbourne** A profile of Black Sabbath frontman Ozzy Osbourne, featuring interviews with Tommy Lee and Paul McCartney. — 10 PM

12.00 M'T **Mr Dynamite: The Rise of James Brown** A look at the career of the singer, musician and producer.
2.15 AM **FILM Searching for Sugar Man** Documentary. (2012, 12, 86min) ★★★★
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Nicolas Cage**

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Anita Manning and Raj Bisram travel to Kent.
8.00 **The Yorkshire Auction House** Angus Ashworth turns air traffic controller to land buyers for a fanatic's model collection.
9.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Faking It: Tears of a Crime**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes** A look at the fatal shooting of a high school teacher in Arizona.
7.00 **Judge Rinder's Crime Stories** The 13-year investigation into a pair of murders.
8.00 **Murder on CCTV**
10.00 **Doomsday: The Trial of Lori Vallow Daybell**
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** A look into the story of Philip Croydon.
8.00 **UK Crime Files: The Killing of a Deaf Girl** The 1988 murder of Suzanne Greenhill.
9.00 **UK Crime Files: Murder Without a Body** Exploring the case of Mitchell Quy.
10.00 **Murder UK** A look at the story of Mitesh Patel.
11.00 **Secrets of a Murder Detective** Sana Ali.
12.00 M'T **UK Crime Files: The Killing of a Deaf Girl**
1.00 AM **UK Crime Files: Murder Without a Body** As 9.00pm.
2.00 **Murder UK** Mitesh Patel.
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Saturday Night Strangler** True-crime.
9.55 **UK Crime Files: A Deadly Love Triangle**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** True crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Boarded Barn Murders**
3.00 **UK Crime Files: Murder of a Showgirl**
4.00 **Killers: Caught on Camera** Documentary.
5.00 **Medical Detectives** The disappearance of a young woman. **5.30** A woman's death. **6.00** The hunt for an old woman's murderer. **6.30** A look at how authorities traced a gun.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Law & Disorder** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **The Force: Manchester**
11.00 **Caught on Dashcam**
12.00 NOON **Catching the...**
1.00 PM **Britain's Most Evil Killers** Billy Dunlop.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Britain's Most Evil Killers**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Murder Uncut**
11.00 **Britain's Most Evil Killers** Railway Killers.
12.00 M'T **Killer in My Village**
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Stop, Search, Seize**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **World of Stonehenge**
9.15 **The Real Truth**
10.20 **Pandemic: The Flu That Killed 50 Million**
11.40 **Hidden Killers of the Post-War Home**
1.00 PM **World of Stonehenge**
2.20 **The Real Truth**
3.30 **Pandemic: The Flu That Killed 50 Million**
4.50 **Hidden Killers of the Post-War Home**
6.05 **World of Stonehenge**
7.15 **The Real Truth** New edition A look into the myths behind fat and why balance matters more than fear.
8.20 **Pandemic: The Flu That Killed 50 Million**
9.40 **Hidden Killers of the Post-War Home**
10.55 **The Real Truth**
12.00 M'T **Pandemic: The Flu That Killed 50 Million**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

FRIDAY

Friday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Great Parks of Africa**
7.00 **Monkey Life** Double bill.
8.00 **Tales from Zambia**
9.00 **Shark Squad**
10.00 **Gangs of Baboon Falls**
11.00 **Nomads of the Serengeti**
12.00 NOON **Secrets of the Enchanted Forests**
1.00 PM **Monkey Life**
2.00 **Tales from Zambia**
3.00 **Shark Squad**
4.00 **Gangs of Baboon Falls**
5.00 **Nomads of the Serengeti**
6.00 **Secrets of the Enchanted Forests** Diverse woodlands.
7.00 **Monkey Life** Double bill.
8.00 **City Wildlife Rescue**
9.00 **Kenya Wildlife Diaries** The team face a conservation task.
10.00 **Secrets of the Enchanted Forests** Diverse woodlands.
11.00 **Nomads of the Serengeti**
12.00 M'T **Rooted** A baobab tree.
1.00 AM **Great Parks of Africa**
2.00 **City Wildlife Rescue**
3.00 **Kenya Wildlife Diaries**
4.00 **Tales from Zambia**
5.00 **to 6.00** AM **Shark Squad**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Nostradamus Effect**
9.00 **History of Weapons**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Cursed Treasures**
6.00 **Mystery Places** Exploring a truly unique village in China.
7.00 **Alien Files: Unsealed** The complex relationship between presidents and aliens.
8.00 **History of Weapons** How speed has become a decisive feature in war's evolution.
9.00 **Scary Tales of New York** Serial killer couple Raymond Fernandez and Martha Beck. **10.05** Italian-American mobster, hitman and crime boss Umberto 'Albert' Anastasia.
11.10 **Ancient Aliens** Experts consider whether aliens helped invent lethal weapons. **12.05** AM Examining macabre places associated with death.
1.00 **Alien Files: Unsealed**
2.00 **Cursed Treasures**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **Killers of the Cosmos**
9.00 **How the Universe Works**
11.00 **Alaska Mega Machines**
1.00 PM **Blowing Up History**
3.00 **How the Universe Works**
6.00 **How It's Made: Dream Cars** An in-depth analysis of the Zenvo ST1's body-work. **6.30** The McLaren 650S. **7.00** The Falcon F7 supercar. **7.30** The Lotus Evora. **8.00** Visiting the birthplace of the Bentley Mulsanne. **8.30** The Chevrolet Camaro.
9.00 **Mummies Unwrapped** A mummified body leads treasure hunters to $120million. **10.00** Archaeologist Ramy Romany investigates a mysterious underwater grave.
11.00 **Cooper's Treasure** Darrell Miklos visits a valuable shipwreck. **12.00** M'T Darrell takes a step closer to the treasure.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Codes and Conspiracies**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **999: Killer on the Line**
2.00 PM **Green Eyed Killers**
3.00 **Accident, Suicide or Murder?**
6.00 **Homicide Hunter**
7.00 **The First 48** Documentary.
8.00 **Green Eyed Killers**
9.00 **K9 PD with Jim Belushi** New editions Teams track suspects deep into the woods. **9.30** A dog proves its worth.
10.00 **Squatters** New editions A woman's property is taken over, leaving her horses trapped. **10.30** A team that help homeowners evict squatters.
11.00 **Predator Hunters**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Atlanta** Vernon Forrest.
2.00 **On the Case with Paula Zahn**
3.00 **Accident, Suicide or Murder?**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **The Wild Life of Dr Ole**
11.00 **World's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Madagascar: A World Apart**
3.00 **Wild Yellowstone**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet** Double bill.
7.00 **Secrets of the Zoo** A hidden camera captures the birth of a litter of wolves, and a tortoise baffles the vets with an illness.
8.00 **Savage Kingdom** A small group of wild dogs seek a safe place to raise their six puppies. **9.00** Five predators compete to dominate their territory.
10.00 **When Sharks Attack** Why shark attacks double in Hawaii every October.
11.00 **Inside Airport Lost & Found**
12.00 M'T **Africa's Deadliest**
1.00 AM **Casey and Brutus: Grizzly Encounters**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

161/172 147 181

7.00 AM **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Expedition Unknown** Josh Gates tries to unearth the final resting place of Cleopatra.
9.00 **Secrets Underground** A train filled with stolen Nazi gold said to be hidden in Poland.
10.00 **How Do They Do It?** A look at how ancient Greeks invented parchment with techniques still used today. **10.30** How pizza is made for soldiers on the frontline.
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **How Britain Worked**
10.00 **History Hunters**
1.00 PM **How Britain Worked**
2.00 **History Hunters** Dave takes a gamble when he makes one of his most expensive purchases. **3.00** Dave and Steve spot something special at auction – a WW1 pilot's logbook. **4.00** A fascinating find from the beaches of Normandy is brought into the shop.
5.00 **You Rang, M'Lord?**
7.10 **You Rang, M'Lord?** Alf continues to supply the Sunshine Pantry with cakes. **8.15** Mrs Lipton smashes his Lordship's crockery. **9.25** Lord Meldrum invites his staff to the estate for dinner. **10.25** Poppy runs off to Gretna Green with an unscrupulous character. **11.30** Sir Ralph accuses his wife of having another affair.
12.40 AM **You Rang, M'Lord?**
5.30 **to 6.00** AM **Fred Dibnah's Age of Steam**

+1hour 266 376

ID

154 140 166

8.00 AM **On the Case with Paula Zahn** Four editions.
12.00 NOON **Death by Fame**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Evil Stepmothers**
7.00 **Deadly Secrets** The case of a serial arsonist who murdered four people in a California store. **8.00** Steven Willis' efforts to track down a murderer.
9.00 **The Friday the 13th Murders** A young woman vanishes into a patrol car and for 35 years, she's a Jane Doe, until hypnosis reveals a clue that unmasks a predator hiding in plain sight.
10.00 **American Monster** The torrid relationship between Cindy Monkman and Michael Apelt. **11.00** A vile secret threatens a family's sweet, simple life.
12.00 M'T **A Crime to Remember** The Chillingworth murders. **1.00** AM A look into the death of William Woodward Jr.
2.00 **Evil Stepmothers**
4.00 **to 6.00** AM **Deadly Secrets**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers** Double bill.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **G.A.S. Extreme Customs**
2.00 **Ant Anstead Master Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** New England locals compete.
9.00 **Goblin Works Garage**
10.00 **British Superbikes** Highlights of the seventh round of the campaign from Thruxton.
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Workshop** Richard restores a 1947 Delahaye sports car.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **PREMIERE Charlie the Wonderdog** Animated family adventure. (2025, PG, 92min)
8.15 **Tom and Jerry: Forbidden Compass** (2025, PG)
10.00 **Signal One** Sci-fi thriller. (2026, 15, 87min) ★★★★
11.40 **PREMIERE Five Nights at...**
1.30 PM **Song Sung Blue** (2025)
3.45 **Heretic** Mystery horror. (2024, 15, 111min) ★★★★
5.45 **Hamnet** Period drama. (2025, 12, 125min) ★★★★

8.00 Five Nights at Freddy's 2

8.00 **PREMIERE Five Nights at Freddy's 2** Horror comedy sequel with Josh Hutcherson. One year after the nightmare at Freddy Fazbear's Pizza, Mike and Vanessa are pulled into a terrifying series of events. (2025, 15, 104min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Seven Snipers** Action thriller starring Radha Mitchell. (2025, 15, 87min) ★★★
1.15 AM **Song Sung Blue** Drama. (2025, 12, 132min) ★★★
3.30 **Lurker** Psychological drama. (2025, 15, 100min) ★★★★
5.20 **to 7.10** AM **Eleanor the Great** Drama starring June Squibb. (2025, 12, 98min) ★★★★

Sky Cinema Box Set

303 303 403 503 517

6.10 AM **Mad Max Beyond Thunderdome** As 11.15pm.
8.05 **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
10.05 **The Chronicles of Riddick** Adventure. (2004, 15) ★★★
12.10 PM **Riddick** Thriller sequel. (2013, 15, 122min) ★★★
2.10 **xXx** As shown at 1.05am.
4.20 **xXx: The Next Level** Thriller sequel. (2005, 12) ★★★
6.10 **xXx: Return of Xander Cage** Thriller. (2016, 12) ★★★

2.10 xXx

8.00 **Mad Max** Action thriller set in a desolate near future, starring Mel Gibson as a tough cop seeking revenge on the bikers who murdered his wife and child. (1979, 15, 93min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Mad Max 2** Action thriller sequel starring Mel Gibson as a lone road warrior rescuing a beleaguered community from barbarian bikers. With Bruce Spence. (1981, 15, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Mad Max Beyond Thunderdome** Futuristic action thriller sequel starring Mel Gibson and Tina Turner. (1985, 15, 107min) ★★★
1.05 AM **xXx** Espionage action thriller starring Vin Diesel. (2002, 12, 124min) ★★
3.10 **xXx: The Next Level** (2005)
4.55 **to 6.45** AM **xXx: Return of Xander Cage** As 6.10pm.

Sky Cinema Drama

310 310 410 510 524

6.00 AM **All Is True** As 1.25am.
7.50 **September 5** Fact-based thriller. (2024, 15, 95min) ★★★★
9.35 **Dreamgirls** Musical with Jamie Foxx and Beyoncé Knowles. (2006, 12, 130min) ★★★★
11.50 **Hamnet** As shown at 8.00pm.
2.05 PM **A Big Bold Beautiful Journey** Romantic drama with Colin Farrell and Margot Robbie. (2025, 15, 109min) ★★★
4.00 **True Grit** Western remake. (2010, 15, 110min) ★★★★
5.55 **The Post** Fact-based drama starring Meryl Streep and Tom Hanks. (2017, 12, 113min) ★★★★
8.00 **Hamnet** Period drama starring Paul Mescal and Jessie Buckley. (2025, 12, 125min) ★★★★
10.15 **The Green Mile** Prison drama starring Tom Hanks and Michael Clarke Duncan. A prison guard encounters a death-row inmate who possesses a magical gift. (1999, 18, 189min) ★★★★
1.25 AM **All Is True** Drama directed by and starring Kenneth Branagh. (2018, 12, 101min) ★★★
3.15 **A Big Bold Beautiful Journey**
5.15 **to 7.05** AM **Don't Let's Go to the Dogs Tonight** Drama with Embeth Davidtz and Lexi Venter. (2024, 15, 99min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.45 AM **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
8.15 **Constantine** Horror thriller. (2005, 15, 121min) ★★★
10.20 **Night Patrol** Horror thriller. (2025, 15, 103min) ★★★
12.05 PM **Nosferatu** Fantasy horror. (2024, 15, 132min) ★★★★
2.20 **Get Out** Thriller starring Daniel Kaluuya and Allison Williams. (2017, 15, 104min) ★★★★★
4.10 **Zombieland: Double Tap** Horror comedy sequel. (2019, 15, 99min) ★★★
5.55 **28 Years Later** Horror thriller sequel starring Jodie Comer and Aaron Taylor-Johnson. (2025, 15, 115min) ★★★★
8.00 **Terminator 2: Judgment Day** Sci-fi action thriller sequel starring Arnold Schwarzenegger. (1991, 15, 146min) ★★★★★
10.25 **Annabelle** Horror spin-off with Annabelle Wallis and Ward Horton. (2014, 15, 97min) ★★
12.10 AM **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
2.05 **Johnny Mnemonic** Futuristic thriller. (1995, 15, 98min) ★★
3.45 **Salem's Lot** Horror chiller. (2024, 15, 109min) ★★★
5.40 **to 7.05** AM **Friendship's Death** Thriller. (1987, 15, 78min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.00 AM **Wallace & Gromit: The Curse of the Were-Rabbit**
7.30 **Smurfs** (2025, PG) ★★
9.05 **Alvin and the Chipmunks**
10.45 **Alvin and the Chipmunks: The Squeakquel** (2009, U) ★★
12.15 PM **Alvin and the Chipmunks: Chipwrecked** (2011, U) ★★
1.45 **Alvin and the Chipmunks: The Road Chip** (2015, U) ★★
3.20 **Wicked** (2024, PG) ★★★★
6.00 **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★

10.50 E.T. The Extra Terrestrial

8.25 **Hook** Steven Spielberg's fantasy adventure based on JM Barrie's *Peter Pan*, starring Robin Williams and Dustin Hoffman. A middle-aged Peter Pan has to rediscover his former self to save his children from his old enemy, Captain Hook. With Julia Roberts. (1991, U, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **E.T. The Extra Terrestrial** Steven Spielberg's fantasy with Henry Thomas and Drew Barrymore. (1982, U, 114min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy adventure sequel. (2016, 12, 112min) ★★★
2.40 **The Borrowers** Adventure. (1997, U, 86min) ★★★★
4.15 **Cinema List: Family Favourites**
4.45 **to 6.45** AM **Jack the Giant Slayer** Fairy-tale fantasy. (2013, 12, 114min) ★★★

Sky Cinema Statham

306 306 407 507 521

6.00 AM **Demolition Man** Thriller. (1993, 15, 114min) ★★★
8.10 **The Meg** Action thriller. (2018, 12, 113min) ★★★
10.20 **Cellular** Action thriller. (2004, 15, 94min) ★★★
12.05 PM **The Italian Job** Thriller. (2003, 12, 110min) ★★★
2.10 **The Mechanic** As 2.05am.
4.00 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★
6.00 **The Expendables** Thriller. (2010, 18, 99min) ★★★

6.00 The Expendables

8.00 **The Expendables 2** Action adventure sequel starring Sylvester Stallone, Jason Statham and Bruce Willis. A team of veteran mercenaries strive to stop a psychotic terrorist from getting his hands on plutonium. (2012, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Expendables 3** Action thriller sequel starring Sylvester Stallone and Jason Statham. Soldier of fortune Barney Ross recruits a new team to battle an arms dealer with a score to settle. (2014, 12, 126min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Snatch** Crime comedy drama starring Jason Statham. (2000, 18, 102min) ★★★★
2.05 **The Mechanic** Action thriller. (2011, 15, 93min) ★★
3.55 **The Beekeeper** As 4.00pm.
5.55 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

7.05 AM **Bridget Jones: Mad About the Boy** (2024) ★★★★
9.10 **American Pie** (1999) ★★★★
10.50 **American Pie 2** Comedy. (2001, 15, 106min) ★★★
12.40 PM **American Pie: The Wedding** (2003, 15) ★
2.20 **American Reunion** Comedy sequel. (2012, 15, 108min) ★★
4.25 **The Cable Guy** Comedy. (1996, 12, 96min) ★★★★
6.15 **Bride Ward** Wedding comedy. (2009, 12, 85min) ★★★

9.30 Team America

8.00 **Liar Liar** Comedy with Jim Carrey. An unscrupulous lawyer is forced to tell the truth for one day after his neglected five-year-old son is granted his wish. (1997, 12, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Team America: World Police** Spoof of Hollywood action movies performed by puppets. An inept squad of commandos known as Team America recruit an actor to help them foil a plot by North Korea to take over the world. (2004, 15, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **See No Evil, Hear No Evil** Comedy starring Gene Wilder. (1989, 15, 107min) ★★★
1.00 AM **Team America: World Police** As shown at 9.30pm.
2.50 **The Cable Guy** As 4.25pm.
4.30 **to 6.05** AM **Blazing Saddles** Mel Brooks' Western spoof. (1974, 12, 90min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **Now You See Me** Thriller. (2013, 12, 115min) ★★★
9.00 **Now You See Me 2** Thriller sequel. (2016, 12, 124min) ★★★
11.10 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
1.10 PM **Nightcrawler** Thriller. (2014, 15, 115min) ★★★★
3.15 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
5.35 **Clear and Present Danger** Thriller starring Harrison Ford. (1994, 12, 141min) ★★★

10.10 Civil War

8.00 **Lethal Weapon 4** Action comedy thriller sequel starring Mel Gibson and Danny Glover. The maverick LA cop duo tangle with a gangster from the Hong Kong underworld. With Joe Pesci and Rene Russo. (1998, 15, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Civil War** Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. Also stars Wagner Moura. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Dog Day Afternoon** Thriller starring Al Pacino. (1975, 15, 130min) ★★★★
2.20 **Dead Man's Wire** Thriller with Bill Skarsgård and Al Pacino. (2025, 15, 104min) ★★★★
4.10 **to 6.00** AM **Antebellum** Horror starring Janelle Monae. (2019, 15, 105min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Golden Voyage of Sinbad** Fantasy adventure. (1973, U, 104min) ★★★
1.10 PM **Enemy Mine** Sci-fi drama. (1985, 15, 108min) ★★★
3.25 **River of No Return** Western. (1954, PG, 91min) ★★★
5.15 **Deck the Halls** Comedy. (2006, PG, 93min) ★★
7.05 **Flamin' Hot** Comedy drama starring Jesse Garcia. (2022, 12, 98min) ★★★

9.00 Honest Thief

Flamin' Hot (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Honest Thief** Crime thriller starring Liam Neeson, Kate Walsh and Jai Courtney. A bank robber falls in love, and decides to turn himself in, only to be betrayed by two crooked FBI agents. (2020, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **The Forever Purge** Horror sequel with Ana de la Reguera. Members of an underground movement decide to take over America through a campaign of mayhem and massacre. (2021, 15, 103min) ★★★
1.10 **to 3.05** AM **Little Monsters** Horror comedy starring Lupita Nyong'o and Josh Gad. (2019, 15, 93min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Animation

302 302 402 502 516

6.35 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
8.00 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★
9.30 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
11.05 **Epic Tails** As 8.55pm.
12.45 PM **PREMIERE** **Charlie the Wonderdog** Animated family adventure. (2025, PG, 92min)

2.25 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
4.00 **Angry Birds Movie** Animation. (2016, U, 97min) ★★★
5.40 **Angry Birds Movie 2** Animated sequel. (2019, U, 93min) ★★★
7.20 **The Ant Bully** Animation. (2006, U, 89min) ★★★★
8.55 **Epic Tails** Animated adventure. (2022, U, 95min) ★★★
10.45 **Trolls** Animated musical. (2016, U, 92min) ★★★
12.20 AM **Flushed Away** Animation. (2006, U, 85min) ★★★★

1.50 **The SpongeBob Movie: Sponge Out of Water** Animated comedy. (2015, U, 93min) ★★★
3.25 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
5.00 **Cinema List: Family Favourites**
5.30 **to 7.10** AM **Mr Peabody & Sherman** (2014, U) ★★★★

Sky Cinema Greats

307 307 404 504 518

7.40 AM **The Big Heat** Thriller. (1953, b/w, 15, 90min) ★★★★
9.15 **Murder by Decree** As 3.50pm.
11.20 **The Untouchables** Brian De Palma's gangster thriller. (1987, 15, 119min) ★★★★★
1.25 PM **Robin Hood: Prince of Thieves** Fantasy adventure. (1991, PG, 138min) ★★
3.50 **Murder by Decree** Mystery chiller. (1978, 12, 112min) ★★★★

5.55 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
8.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider. (1978, PG, 115min) ★★★
10.00 **Jaws 3** Adventure thriller sequel starring Dennis Quaid. (1983, 12, 99min) ★★
11.40 **The Evil Dead** Horror comedy. (1982, 18, 85min) ★★★★

1.10 AM **Evil Dead 2** Horror sequel. (1987, 18, 85min) ★★★★
2.45 **Demolition Man** Sci-fi action thriller. (1993, 15, 114min) ★★★
4.45 **The Cinema List: Remakes**
5.15 **to 6.50** AM **Jackie Chan's First Strike** Action thriller. (1996, 12, 83min) ★★

Disney+ Cinema

305 305

6.00 AM **Duck Tales the Movie: Treasure of the Lost Lamp** Animated family adventure. (1990, U, 73min) ★★★
7.20 **Cinderella** Animated adventure. (1950, U, 75min) ★★★★
8.40 **Bambi** As shown at 4.45am.
9.55 **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
11.50 **George of the Jungle** Family comedy. (1997, U, 92min) ★★

1.25 PM **Hercules** Animated musical. (1997, U, 92min) ★★★★
3.00 **National Treasure** Adventure. (2004, PG, 131min) ★★★★
5.15 **Mufasa: The Lion King** Animated adventure prequel. (2024, PG, 118min) ★★★
7.15 **Percy Jackson: Sea of Monsters** Fantasy adventure sequel starring Logan Lerman. (2013, PG, 102min) ★★★
9.00 **Spy** Comedy starring Melissa McCarthy and Jason Statham. (2015, 15, 115min) ★★★★

11.00 **Starship Troopers** Sci-fi war drama. (1997, 18, 129min) ★★
1.10 AM **Bad Company** Comedy thriller. (2002, 12, 112min) ★★★
3.10 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
4.45 **to 6.00** AM **Bambi** Animation. (1942, U, 69min) ★★★★★

Movies 24

312 313 419

7.00 AM **Mystery Island: Winner Takes All** Crime drama. (2025, PG, 90min) ★★
9.00 **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★
11.00 **Catch of the Day** Romantic drama. (2025, PG, 84min) ★★
1.00 PM **My Norwegian Holiday** Comedy. (2023, PG, 80min) ★★
3.00 **Sweet on You** Romantic comedy. (2023, PG, 85min) ★★

5.00 **A Make or Break Holiday** Drama. (2025, U, 89min) ★★
7.00 **Love at the Bootcamp** Romantic drama with Leanne Lapp. (2024, PG, 90min) ★★
9.00 **The Love Heist** Drama starring Lyndsy Fonseca. A celebrity stylist must team up with a hotel security chief to track down an iconic piece of fashion history. (2026, PG, 90min) ★★
11.00 **Adventures in Love & Birding** Drama starring Rachel Boston. (2025, PG, 84min) ★★

1.00 AM **Mystery Island: Play For Keeps** Drama. (2025, PG) ★★
3.00 **to 5.00** AM **Signed, Sealed, Delivered: To the Moon and Back** Mystery starring Eric Mabius. (2025, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Return of a Stranger** (1937)
7.25 **The Hangman Waits** Drama. (1947, b/w, PG, 63min) ★★
8.40 **Big Boy Rides Again** Western. (1935, b/w, PG, 57min) ★★
9.50 **Miss Robin Hood** Comedy. (1952, b/w, U, 78min) ★★
11.25 **So Long at the Fair** Mystery. (1950, b/w, U, 86min) ★★★
1.05 PM **Edgar Wallace Mystery Theatre** 6/11. (S5)

2.15 **The Adventures of Robin Hood**
2.50 **Ghost Ship** Seafaring drama. (1952, b/w, U, 74min) ★★
4.20 **Look at Life** Documentary.
4.30 **The Cheaters** 13/27. (S2)
5.00 **A Family at War** 3/19. (S2)
6.00 **Rumpole of the Bailey**
7.00 **Z Cars** 31/42. (S3)
8.00 **Public Eye** 3/13. (S6)
9.05 **Mort D'un Pourri** French thriller. Subtitled. (1977, 12, 123min) ★★★
11.35 **Cellar Club with Caroline Munro**
11.40 **Supernatural** 8/8. (S1)
12.45 AM **Cellar Club with Caroline...**

12.50 **Les Yeux Sans Visage** Horror. (1960, b/w, 15, 90min) ★★★★
2.40 **Cellar Club with Caroline Munro**
2.45 **Tread Softly Stranger** Thriller. (1957, b/w, PG, 91min) ★★
4.30 **The Vise** 15/39. (S1)
5.00 **to 6.00** AM **The Man from UNCLE**

FRIDAY Sport 21 August

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
10.30 LIVE **Test Cricket** England v Pakistan. Coverage of the third day of the first Test in the three-match series staged at Headingley Cricket Ground, Leeds. The last Test series between the teams came in October 2024, when Pakistan claimed a 2-1 victory on home soil.
6.30 PM LIVE **FNF** Arsenal v Coventry City. Coverage of the opening match of the Premier League season held at the Emirates Stadium. Kick-off **8.00pm**. *See feature, page 28.*
11.00 LIVE **PGA Tour Golf** Day two of the BMW Championship the second tournament in the FedExCup play-offs at Bellerive Country Club in St Louis, Missouri.
12.00 M'T LIVE **WTA & ATP Tennis** Coverage of day nine of the Cincinnati Open, the joint ATP 1000 and WTA 1000 hard-court tournaments at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Total Football**
4.00 **Fantasy Show** Insight and tips.
4.30 **Premier League Preview**
5.00 **The Premier League Show**
6.30 LIVE **FNF** Arsenal v Coventry City. The Premier League match held at the Emirates Stadium. The Gunners are the reigning champions, having won their first league title since 2003/04. Coventry also enjoyed a memorable campaign, topping the Championship to secure top flight football for the first time since 2000/01. Kick-off **8.00pm**. *See feature, page 28.*
11.00 **PL 360** A look at Coventry City's return to the Premier League.
1.00 AM **FNF** Arsenal v Coventry City.
1.30 **Premier League Stories**
2.00 **The Big Interview**
2.30 **Transfer 360**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2000/01**
5.00 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Craig Brown: My Scotland**
8.30 **There's Only One Sauzee**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review** A look at the 2022/23 season.
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **Bundesliga Preview**
2.00 **EFL Highlights**
4.00 **Bundesliga Weekly**
4.30 **Bundesliga Preview**
5.30 **EFL Highlights**
7.30 **EFL Cup Highlights** Action from Middlesbrough v Wrexham. **8.00** Action from Colchester United v Southampton.
8.30 **Bundesliga Preview** An in-depth look ahead to the new season in the German top flight.
9.30 **EFL Highlights** Championship.
11.00 **EFL Cup Highlights**
12.00 M'T **EFL** The 2013/14 play-offs.
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 25/26**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Test Cricket**
7.00 **Nepal Climbing Cricket's Mountain** Documentary.
7.30 **International T20 Cricket**
8.00 **Test Cricket** England v Pakistan.
9.00 **International T20 Cricket**
10.00 **Test Cricket Bitesize**
10.15 LIVE **Test Cricket** England v Pakistan. Coverage of the third day of the first Test in the three-match series staged at Headingley Cricket Ground in Leeds. The last Test series between the teams came in October 2024, when Pakistan claimed a 2-1 victory on home soil. England won the first match by an innings and 47 runs, but the Shaheens fought back to secure the series with a nine-wicket triumph.
7.00 PM **Best of ICC WT20**
7.30 **International T20 Cricket**
8.00 **Test Cricket** England v Pakistan.
9.00 **International T20 Cricket**
9.30 **Test Cricket Bitesize**
10.00 **Test Cricket** England v Pakistan.
11.00 **One-Day International Cricket**
12.00 M'T **Test Cricket**
2.00 AM **The Hundred**
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour Golf**
10.00 **Chronicles of a Champion Golfer** Profiles of leading players.
11.00 **PGA Tour Champions**
12.00 NOON **HotelPlanner Tour Golf**
12.30 PM LIVE **DP World Tour Golf** Day two of the Nexo Championship at Trump International Golf Links.
5.30 LIVE **PGA Tour Golf** Coverage of the second day of the BMW Championship held at Bellerive Country Club in St Louis, Missouri.
12.00 M'T LIVE **LPGA Tour Golf** Day two of the CPKC Women's Open held at Royal Mayfair Golf Club.
2.00 AM **PGA Tour Golf**
4.00 **Playing Lessons** Expert tips.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM **WTA & ATP Tennis** Day eight of the Cincinnati Open.
4.00 LIVE **WTA & ATP Tennis** Coverage from the doubles draws on day nine of the Cincinnati Open.
6.00 LIVE **WTA & ATP Tennis** Further coverage of day nine of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio, where the quarter-finals are scheduled to conclude.
10.00 **US Open Classic Matches**
10.30 **WTA & ATP Tennis**
12.00 M'T LIVE **WTA & ATP Tennis** Continued coverage of day nine of the Cincinnati Open at Lindner Family Tennis Center in Ohio.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **PL Greatest Games**
7.00 **Women's T20 World Cup**
8.00 **ATP Tennis** Miami Open final.
9.00 **TGL** Atlanta Drive v Jupiter Links.
10.45 **My Icon** Heather Fisher.
11.00 **WTA Tennis** Charleston Open.
12.00 NOON **My Icon** Sporting heroes.
12.30 PM **Formula 1** Hungarian GP.
1.30 **F1 Team Press Conference**
2.00 **Fight Night** A bout replay.
3.00 **Championship Retro**
5.00 **Championship Season Review**
6.00 **NBC's Pro-Football Talk**
8.00 **Formula 1** Highlights.
10.00 **Boxing** Mosley Jr v Bohachuk.
11.00 **NFL Highlights**
12.00 M'T **One Championship Weekly**
12.30 AM **Darts Gold** Archive action.
12.45 **Darts Top 5 Moments**
1.00 **Championship Retro**
3.00 **My Icon** Sporting influences.
3.30 **Darts Gold** Archive action.
3.45 LIVE **NRLW** Newcastle Knights v Wests Tigers. Coverage from McDonald Jones Stadium. Kick-off **3.45am**.
5.45 **to 6.00** AM **Darts Gold**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Dutch Grand Prix.
8.00 **F1 Drivers Press Conference**
8.45 **Formula 1** Highlights.
10.15 **F1 Drivers Press Conference**
11.00 LIVE **Formula 1** The Dutch Grand Prix practice session.
12.55 PM LIVE **F1 Academy** The Dutch Grand Prix practice session.
1.45 **F1 Feature**
2.00 **F1 Academy** Race review.
2.30 **F1 Team Press Conference**
3.00 LIVE **Formula 1** The Dutch Grand Prix sprint qualifying session held at Circuit Zandvoort.
5.00 **F1 Team Press Conference**
5.30 **Formula 1** Dutch Grand Prix.
1.15 AM **Karun Drives Senna's McLaren** At Goodwood Festival.
1.25 **to 6.00** AM **The Best of F1**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIV Golf** From Indiana.
7.30 **British Superbikes Highlights**
8.30 **Men's Cycling** Highlights.
10.30 **Women's Cycling**
11.30 LIVE **Women's Cycling** Stage three of the Lloyds Tour of Britain, a 104.7km route from Mold to The Great Orme in Llandudno.
3.00 PM **TNT Sports Reload**
3.30 LIVE **UCI Mountain Bike World Series** The women's and men's elite cross country short track events in Haute Savoie.
6.00 **The Fantasy Show**
6.30 **Premier League Features**
8.00 **MLB Highlights**
9.00 LIVE **MLB** Milwaukee Brewers v Atlanta Braves. Coverage of the National League encounter at American Family Field. Start-time **9.10pm**.
12.00 M'T LIVE **CPL** Saint Lucia Kings v Jamaica Kingsmen. Coverage of the T20 match at Daren Sammy Cricket Ground in Saint Lucia.
3.45 AM **TNT Sports Reload**
4.00 **to 7.00** AM LIVE **AFL** Carlton v Fremantle. Coverage of the game from Marvel Stadium in Melbourne. Bounce-up **4.15am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **TNT Sports Reload**
6.30 **Premier League: Big Interview**
7.00 **FA Community Shield**
8.30 **The Fantasy Show**
9.00 **AFL** St Kilda v Gold Coast Suns.
10.30 LIVE **AFL** Collingwood v Brisbane Lions. Coverage from Melbourne Cricket Ground. Bounce-up **10.40am**.
1.30 PM **CPL Highlights**
2.00 LIVE **Men's Cycling** Stage two of the Lidl Deutschland Tour.
4.00 **British Superbikes Rewind**
4.15 **TNT Sports Reload**
4.30 LIVE **LIV Golf** Coverage of the second round at LIV Golf Indianapolis, the final solo event of the season from The Club at Chatham Hills in Westfield, Indiana.
10.30 **Men's Cycling** Renewi Tour.
11.30 **Men's Cycling Pro Series**
12.30 AM **Women's Cycling**
1.30 **UCI Mountain Bike World Series**
2.30 **Inside Serie A** The latest news.
3.00 LIVE **NWSL** San Diego Wave FC v Utah Royals FC. From Snapdragon Stadium. Kick-off **3.00am**.
5.15 **Inside Serie A** The latest news.
5.45 **to 6.00** AM **The Gruppetto**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** San Francisco 49ers v Seattle Seahawks.
4.00 **Super League Highlights**
5.00 **NBA Basketball** Another chance to see Golden State Warriors v Los Angeles Clippers.
7.00 **Super League Highlights** Wigan Warriors v Warrington Wolves. **7.15** Action from Leeds Rhinos v Catalan Dragons in 2024.
7.30 LIVE **Super League** Wigan Warriors v Wakefield Trinity. Coverage of the match from Brick Community Stadium. Both these teams have enjoyed strong campaigns so far and are competing with Leeds Rhinos for the League Leaders' Shield. However, the last meeting between the teams was a one-sided one, with the Warriors prevailing 48-10 at DIY Kitchens Stadium in June. Kick-off **8.00pm**.
10.15 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
2.00 AM **Super League**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Super League**
10.50 **My Icon** Michael Holding.
11.00 LIVE **Formula 1** The Dutch Grand Prix practice session.
12.55 PM LIVE **F1 Academy** The Dutch Grand Prix practice session.
1.45 **F1 Feature**
2.00 **Total Football**
3.00 LIVE **Formula 1** Coverage of the Dutch Grand Prix sprint qualifying session held at Circuit Zandvoort. Start-time **3.30pm**.
5.00 LIVE **PGA Tour Golf** The featured groups on day two of the BMW Championship at Bellerive Country Club in St Louis, Missouri.
7.30 LIVE **Super League** Wigan Warriors v Wakefield Trinity. From Brick Community Stadium. Kick-off **8.00pm**.
10.15 **My Icon** Deta Hedman.
10.30 **Paper Talk**
11.00 LIVE **LPGA Tour Golf** Day two of the CPKC Women's Open from Royal Mayfair Golf Club in Alberta.
2.00 AM **Super League**
4.45 **My Icon** Nigel Owens.
5.00 **to 6.00** AM **ATP Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **UEFA Champions League**
11.00 **Premier League Features**
12.30 PM **The Fantasy Show**
1.00 **MLB Highlights**
2.00 **The Gruppetto** Cycling news.
2.15 LIVE **Men's Cycling** Coverage of stage three of the Renewi Tour.
4.45 **Test Cricket Highlights**
6.45 **British Superbikes Highlights**
7.45 **CPL Highlights**
8.15 **AFL** Collingwood v Brisbane Lions.
9.45 **British Superbikes Rewind**
10.00 **Inside Serie A** The latest news.
10.30 **Premier League Stories**
11.00 **CPL Highlights**
11.30 LIVE **CPL** Saint Lucia Kings v Jamaica Kingsmen. The T20 match at Daren Sammy Cricket Ground.
3.45 AM **Reframe the Game**
4.00 **Discovery Golf** The latest news.
4.30 **Premier League Stories**
5.00 **to 7.00** AM LIVE **AFLW** Geelong v St Kilda. Coverage of the match at GMHBA Stadium.

TNT Sports 4

414 416 524 411 434

6.00 AM **Serie A** Action from Italy.
12.00 NOON **LIV Golf** From Indiana.
1.30 PM LIVE **Cycling** Stage four of the men's Tour of Limousin, a route from Nantiat to Limoges.
4.00 **Serie A** Highlights from Italy.
7.00 **Inside Serie A** The latest news.
7.30 **Ultimate Pool** The Group B matches in the Super 8's of the Champions League tournament.
9.00 **UFC: The Ultimate Fighter**
10.00 **UFC** Another chance to see Islam Makhachev v Ian Machado Garry.
1.00 AM **TNT Sports Reload**
1.15 **Hard Knocks: Training Camp with the Seattle Seahawks**
2.15 **Men's Cycling World Tour**
3.15 **European Rally Championship**
3.45 LIVE **V8 Supercars Championship** The Ipswich Super 440 race one, the ninth round of the season in Queensland.
5.00 **to 7.00** AM LIVE **AFLW** Geelong v St Kilda. Coverage of the match at GMHBA Stadium.

Premier Sports 1

419 APP 528

6.00 AM **FIM Sidecarcross Championship** From Lithuania.
7.00 **Coppa Italia** Torino v Carrarese.
9.00 **Scottish Rally Championship**
9.30 **DTM Motorsport Highlights**
10.30 **Sporting Greats**
11.00 **NASCAR Highlights**
12.00 NOON **Swedish Speedway**
2.00 PM **Scottish Rally Championship** The Scottish Rally.
2.30 **LaLiga** Rayo Vallecano v Alaves.
4.25 **DTM Motorsport Highlights**
5.25 **NASCAR Highlights**
6.25 **Sporting Greats**
6.55 **LaLiga Match Highlights**
7.55 LIVE **LaLiga** Real Betis v Real Sociedad. The Spanish top-flight game at Estadio La Cartuja. Kick-off **8.00pm**.
10.00 **Sporting Greats**
11.00 **DTM Motorsport Highlights**
12.00 M'T **LaLiga** A match replay.
2.00 AM **Sporting Countdowns**
2.30 **NASCAR Highlights**
5.30 **to 6.00** AM **NHL Ice Hockey**

Premier Sports 2

420 APP 529

6.00 AM **Coppa Italia** Another chance to see Venezia v Modena.
8.00 **Football's Greatest**
9.00 **Brasileiro Serie A** Action from Fluminense v Palmeiras.
11.00 **Temples of Sport**
11.30 **Brasileiro Serie A** Action from Mirassol v Flamengo.
1.30 PM **Argentine Primera** River Plate v Argentinos Juniors.
3.30 **Football's Greatest**
4.00 **NASCAR Trucks** Action from Richmond Raceway.
7.00 **Bike World** Magazine.
7.30 **3Ice Hockey** Action from the three-on-three ice hockey league based in the United States.
10.30 **Coppa Italia** Udinese v Padova.
12.30 AM **Temples of Sport**
1.30 **NHL: This is Hockey** A look at the growth of ice hockey in Chile. **2.00** A look at the growth of ice hockey in Puerto Rico.
2.30 **Africa Eco Race**
2.45 **to 6.00** AM **EUT20 Belgium**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Next week *On sale Tuesday 18 August*

Fightland

A disgraced boxer (Howard Charles) becomes embroiled with the underworld in a bid to wreak vengeance on a crime boss (Nicholas Pinnock) in Sky Atlantic's drama.

Bookish

Mark Gatiss is back for a second run of U&Alibi's 1940s-set whodunnit about a sleuthing bookshop owner, who this time crosses paths with a medium (Jason Watkins).

The Whisper Man

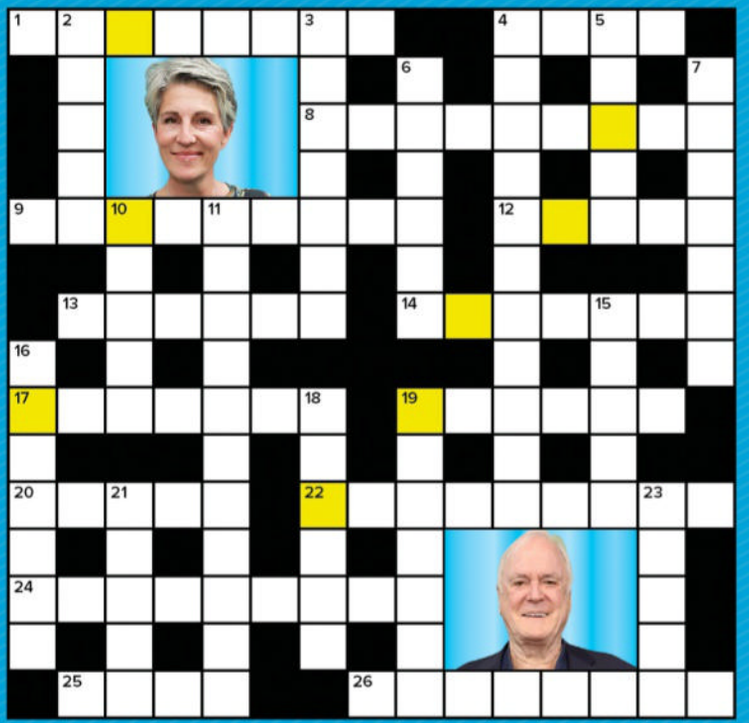
Netflix's thriller sees Adam Scott play a writer who reconnects with his retired-cop dad (Robert De Niro) to help find his missing son, but links emerge to a serial killer.

Dark Matter

In the return of Apple TV's sci-fi drama, scientist Jason (Joel Edgerton), who lives unsettling parallel lives, undergoes new threats as he tries to keep his family safe.

Crossword

Solve the clues in our just-for-fun crossword puzzle and rearrange the letters in the shaded squares to spell out a British TV and radio presenter (4,4). Answers at the bottom of the page – no cheating!



ACROSS

1 Actor who starred in 24 Carry On films (4,4)
4 ----: *A Star Wars Story*, movie prequel released in 2018, starring Alden Ehrenreich (4)
8 David ----------, American talk-show host (9)
9 *The* ----------, 1960 dark comedy starring Jack Lemmon and Shirley MacLaine (9)
12 Former presenter of C4 game show *Countdown*, Des ----- (5)
13 See picture clue: *Fawlty Towers* writer and star, John ------ (6)
14 Star of 1998 movie *The Wedding Singer*, Adam -------- (7)
17 Disaster movie from 1970 starring Burt Lancaster, Dean Martin and George Kennedy (7)
19 Rock band fronted by Ian Anderson, ------ Tull (6)
20 *Falcon* -----, US soap (5)
22 Donal ----------, journalist and runner-up on *Dancing on Ice* in 2009 (9)
24 *Sweet* ----------, hit Netflix drama with Brooke Elliott, Logan Allen and Heather Headley (9)
25 Played Demelza in 1970s series *Poldark*, Angharad ---- (4)
26 BBC show hosted by Fiona Bruce, -------- *Roadshow* (8)

DOWN

2 Penélope Cruz film released in 2000, *Woman* -- --- (2,3)
3 Humphrey Bogart movie from 1941, *The* -------- *Falcon* (7)
4 Protagonist in 1994's *The Nightmare Before Christmas*, Jack ---------- (11)
5 Tina Fey's role in comedy series *30 Rock*, Liz ------ (5)
6 Band with Francis Rossi as the frontman, ------ Quo (6)
7 *Love Don't Live Here* --------, 1978 Rose Royce song covered by Madonna in 1996 (7)
10 Grace's surname in *Will & Grace* (5)
11 Vampire movie from 1987 starring Kiefer Sutherland (3,4,4)
15 *Curb Your Enthusiasm* creator, ----- David (5)
16 Nickname of US jazz icon Louis Armstrong (7)
18 See picture clue: *Friday Night Dinner* and *Green Wing* actor, ------ Greig (6)
19 Peter --------, director of 2021 Beatles docuseries *Get Back* (7)
21 Action thriller with Shia LaBeouf and Michelle Monaghan, ----- *Eye* (5)
23 1987 Clint Eastwood movie, *Heartbreak* ------ (5)

CROSSWORD SOLUTION
ANSWER: Maya Jama **ACROSS:** 1 Joan Sims 4 Solo 8 Letterman 9 Apartment 12 Lyman 13 Cleese 14 Sandler 17 Airport 19 Jethro 20 Crest 22 Macintyre 24 Magnolias 25 Rees 26 Antiques
DOWN: 2 On Top 3 Maltese 4 Skellington 5 Lemon 6 Status 7 Anymore 10 Adler 11 The Lost Boys 15 Larry 16 Satchmo 18 Tamsin 19 Jackson 21 Eagle 23 Ridge

WORDS: CAREN CLARK. PHOTOS: APPLE TV, GETTY, NETFLIX, SKY, U&ALIBI

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Recycle

Coming soon

FIRST LOOK

Laura Linney and Rhys Ifans as Emma and Tony

Onwards and Sideways

Laura Linney and Rhys Ifans star in a drama about the impact of Parkinson's

Tony and Professor Ridge

A pair of strangers forge a connection after they both receive a life-changing diagnosis in BBC1's feature-length drama *Onwards and Sideways*.

Airing later this year, the film, written by Paul Mayhew-Archer, centres on Tony Evans (Rhys Ifans), the deputy head at a primary school, and musician and single mum of two Emma Dretzin (Laura Linney), who are each given the news that they have Parkinson's disease.

When Tony and Emma have a chance meeting, they start to build a friendship that brings them comfort as they try to come to terms with the condition. Rory Kinnear, who plays Professor Ridge, and Monica Dolan co-star.

LIFE-AFFIRMING

'In 2011, when I was 58 years old, I was told I had Parkinson's. It's incurable, and it makes many of the things I do – walking, talking, smiling – increasingly difficult,' explains Mayhew-Archer, who co-wrote *The Vicar of Dibley*.

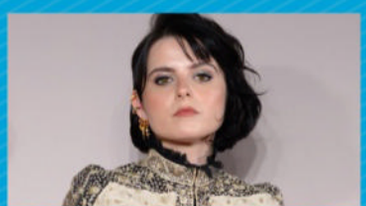
'But although I have reasons to hate Parkinson's, it has also brought me opportunities I wouldn't have missed for the world. The latest of these is the chance to work with the brilliant director John Madden and wonderful actors on bringing this to life.'

'It's a story of humour and emotion, of challenge and bravado, of music and dance,' adds Madden, best known for 1999's *Shakespeare in Love*. 'And it's about transcending the assumptions of a little-understood condition, and triumphing over the odds to find joy, release and love.'

Supernatural dramas to look forward to

Yeti

Chris Pine headlines Netflix's film about a father and daughter battling a primeval creature after an avalanche in the Alps.



The Witch Farm

BBC1's drama, set in 1980s Wales, stars Gabrielle Creevy and Michael Socha as a couple who move into a haunted farmhouse.

Widow's Bay

A second run of Apple TV's darkly comedic drama sees Tom (Matthew Rhys) confront more chilling paranormal events.

WHAT'S NEXT FOR...

Matthew Macfadyen

The actor will team up with Claire Foy to star in BBC1's eight-part adaptation of David Nicholls' novel **You Are Here**, which follows two people who bond as they undertake a walk from the Lake District to Yorkshire.

Stacey Dooley

BBC1's **Clickbait Clinic**, airing later this year, will see the presenter join medics Dr Alex George and Dr Nighat Arif to uncover the scientific truth behind a variety of health trends and wellness claims on social media.

Coming Back

Stephen Moyer will reprise his role as DI Mick Palmer for a two-part special and a second run of **Art Detectives**, in which DI Palmer and DC Shazia Malik (Nina Singh) solve more art-related murders. The first run aired on U&Drama.

In a third six-part series of BBC3's Middlesbrough-set comedy **Smoggie Queens**, which centres on a group of LGBTQ+ pals, Dickie (Phil Dunning, third from left) and the gang land themselves in more chaotic scrapes.

TV&Streaming week

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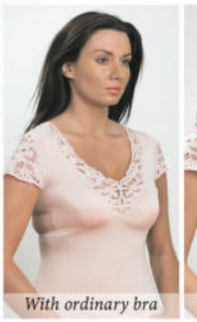
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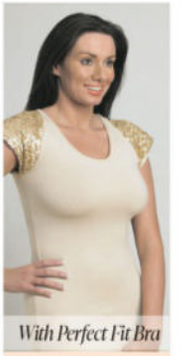
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